

Meet A Mate Online

How to master internet dating to meet the love of your life

Lesson 9 Worksheet

How to make a fabulous first impression



By Leonardo “The Companionator” Bustos

Meet A Mate Online – Worksheet

How to master internet dating to meet the love of your life

In this lesson, the goal is learn how to

1. Learn how to make the best first impression possible
2. Learn what you should wear, how to wear it
3. Use the proper body language
4. Flirt with your eyes, hands, feet etc.
5. Learn what to talk about and keep the conversation interesting
6. Create attraction and establish rapport

First Impressions

It's extremely important to realize that others, especially women, are extremely sensitive to reading every _____ expression on your face and every micro movement we make.

we all have a tendency to instinctively react and respond to the _____ we experience from others.

You can actually _____ others behavior and get them to react like you expect them to by modeling the behavior you wish to represent yourself.

There are many ways you can make a good impression, and probably the most important is your _____.

If you properly bantered and flirted in your e-mails, your _____ communication prior to this meeting is one way to prepare your date for what is to come.

We are attracted to others who like and enjoy _____.

Meet A Mate Online – Worksheet

How to master internet dating to meet the love of your life

1. Try and Select the right atmosphere...

studies have shown that when a person is excited or likes what they see, their _____ get larger and it serves to enhance your appearance and give you a sensuous, loving look.

If possible, try and arrange encounters in dimly lit rooms such as softly lit rooms or _____ dinners.

Try and select a place that is conducive to a good _____.

Another good idea for first encounters or dates are someplace where there's lots of visual _____.

2. Dress right to the occasion

your personality is revealed by the _____ you wear,

Labels and brand names are not nearly as important as how the clothes _____ you.

You want to wear colors that match or go well with your _____ and hair color.

Don't mix stripes and _____.

Meet A Mate Online – Worksheet

How to master internet dating to meet the love of your life

3. Give yourself a pep talk

this technique always works to give you that _____ when you want to be your best.

Tell yourself, IT'S _____! Slap your cheeks a few times to give them color.

prior to the date or encounter, to close your eyes and actually see in your _____ how you want the date to turn out.

Imagine that you are going to be making lots of confident and _____ eye contact,

4. Be prompt

A few minutes late might be acceptable, but it is extremely _____ to be too late

it is a way of telling your date that their time is not very _____.

When you are prompt, this tells a potential partner you are _____, reliable and dependable.

being early means you can choose the _____ in the location .

Meet A Mate Online – Worksheet

How to master internet dating to meet the love of your life

Number 5 is continued on Lesson 10

Additional Notes Below

