

Meet A Mate Online

Master Internet Dating and meet your best love match available

Course Checklist

Keep track of your step by step lessons



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Step by Step Checklist

Use this checklist to get the most from this program

Steps	Lesson	Action	Check
Step 1		Watch the video tutorial on the course overview	
Step 2		Watch the video tutorial and download the software	
	1	Complete module 1 of the “Self Assessment Questionnaire” to discover your dating strengths and weaknesses, to become aware of the reasons for your past failed relationships, and to enter data for the creation of your “movie trailer” dating profile.	
	2	Complete module 2 of the “Self Evaluator Calculator” to discover where you rate in the marketplace, and to determine the areas you need to work on to make yourself more desirable.	
	3	Complete module 3 of the “Create A Mate Matrix” to narrowly define your perfect partner profile. Knowing precisely what you’re looking for will make it easier for you to find it.	
		Modules 4 and 5 will be completed later in step 3	
Step 3		Watch the Video tutorial on using the training material	
	1	Watch lesson 1 “Setting up your online dating campaign” and use the workbook to help you create your username and exclusive e-mail address	
	2	Watch lesson 2 “How to take the best photographs for your profile” and use the workbook. Follow the instructions to take as many quality photos as possible so you can post the best ones. <u>This is the most important part of the training.</u>	
	3	Watch lesson 3 “Create Clever Captions that Invite Contact” and use the workbook to create captions for your photos.	

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	4	Watch lesson 4 “Craft a Creative and Compelling Headline “ and use the workbook to craft a compelling headline which your going to be using when you discover later the best sites to post it on.	
	5	Watch lesson 5 “Create a magnificent, magnetic & mysterious dating profile” and use workbook. Use the personal information you entered in the Self Assessment Questionnaire to create your dating profile.	
	6	Watch lesson 6 “Choose the best dating websites to market yourself” and use the workbook to access the link to the dating website search engine. Enter your headline, photos, captions and dating profile on the each of the best ones.	
	7	Watch lesson 7 “Avoid internet dating scams & daters who misrepresent them self “and use workbook. This will prevent you from becoming an online dating scam victim, and it will also help you to avoid wasting time with daters who misrepresent them self.	
	8	Watch lesson 8 “Send & respond to e-mails and messages that create contact and a connection “ and use the workbook to help you learn how to send messages that get responses and the best way to progressively send them.	
	9	Watch lesson 9 “Plan a successful 1st encounter by making a fabulous 1st impression “ and use the workbook to help you make your first encounter a successful one.	
	10	Watch lesson 10 “How to have an amazing and memorable first date” and use the workbook to discover how to make the best first impression you can, because it sets the tone for the rest of the date AND the relationship.	
Step 4		Watch Video tutorial on the Date Rater Evaluator	
		Complete Module 4 of the software to rate your dates to see how they compare to the perfect partner profile you created in the Create A Mate Matrix, and to see how they compare percentage wise to each other. This helps you to determine which person you’ll have the highest likelihood of having a long term successful relationship based on your chemistry, values and similar interests.	

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Step 5		Watch the video to schedule your coaching session so you can ask any questions about the program or any dating challenges you may encounter.	
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