

Fulfilling First Dates Checklist

6 WAYS TO BE CONFIDENT, CHARM A GREAT GUY & ENSURE A SECOND DATE

PRIORITIZE A PRE-DATE RITUAL

- ✗ Don't show up anxious, starving or running on empty
- ✓ Arrive filled up and centered so you don't need anything from him
- ✓ Fill up by nurturing yourself pre date: get a massage, take a bath, do yoga, go for a walk, have a cup of tea + relax
- ✓ Eat a little something nutritious like a handful of nuts to buffer alcohol and ground you
- ✓ Say a prayer: Bless the date + trust it's outcome will be for your higher good



TRY ON THE MANTRA: I'M FUN, FLIRTY AND IN THE FLOW

- ✗ Don't take yourself or the date too seriously; relax
- ✓ Release any pressure of it needing to go a certain way or be perfect
- ✓ Have a care-free attitude where you are unattached to a 2nd date
- ✓ Have a sense of humor; laugh, be warm and inviting
- ✓ Let him know you are interested with your eyes; touch his arm or hand



LEAVE YOUR LIST AT HOME

- ✗ Don't mentally checklist him against your list (he can feel that when you do!)
- ✗ Don't get caught up in judging him solely based on his physical appearance or superficial information about him (his career, hobbies, etc.)
- ✓ Be open to really getting to know your date
- ✓ Be genuinely curious



DON'T TALK SHOP

- ✗ Don't fall into the trap of comparing career milestones or swapping achievements
- ✗ Don't brag about promotions you've gotten, deals you've put together, accolades you've received (do not be competitive!)
- ✓ Only speak about your work from the heart and what you're truly passionate about



DON'T BE A HUNTER

- ✗ Don't pepper him with questions or lead the conversation
- ✓ Be soft, be in your feminine and allow him to steer the date
- ✓ Be relaxed and follow his energy



LET HIM FEEL YOUR HEART

- ✗ Don't hold back: share yourself with your date as if he's a true potential match
- ✓ Be brave: let him see your feelings and share what matters most to you
- ✓ Show him your vulnerability
- ✓ Be authentically gracious, receptive and grateful for his taking you out

