



Tip #1. Pick a GREAT photo for your cover shot. It should be a close –up shot of you, smiling and NO sunglasses. We want to see your eyes!

I. My Self Summary [Tip #2 label the sections of your profile for easy reading]

I am looking for...

(Tip #3 – tell your partner the kind of relationship you want? Are you new to this? Just want to date? Or are you looking for your forever love? Be specific so your partner can filter whether he/she is a yes or no for you right off the bat.)

What's important to me in a relationship is....

(This is where you get your priorities on the line – great chemistry, trust, sharing passions, etc.)

A perfect evening together includes...

(Start painting a picture of the two of you when you are relaxed at home together, going out for fun... what jazzes you to be with him/her?)

About me (are you divorced? Widowed? Never married? Do you have children? Professional life? How do you spend your time? Athletic? Like to work out? Film buff? Avid reader?)

My idea of a good match includes....

[Tip #4: DON'T Skip this section! This is where he will decide whether he's a good match for you or not. If you DON'T do this, you are inviting in contacts from those who are not good matches and it wastes your time.]

Someone who likes to Travel? Likes dogs? Is liberal/conservative? Likes to debate politics? Someone who is open minded? Takes care of himself and is healthy.

But you want to convey this in a story about your life together so he can see himself in as the leading man to your leading lady.

My idea of a successful relationship is when two people....

Or

If we are together, we are...

[Tip #5 – if you have specific preferences, state them at the end of this section – e.g. I'm spiritual, but not religious or finding someone who believes like I do is very important to me. If you are a tall woman and prefer a tall man, say it out loud. Don't leave all the short men chasing after you when you have no interest. Start that sentence with a ** so they see it.]

II. What I am doing with my life

(How do you spend your time? Where are you on your life's path? What are you enjoying about your life right now? What are you doing professionally?)

III. The most important things to me in life are.... This can be fun and a pithy short list (the ocean, silk sheets, a really great tomato, hanging out with my kids, feeling my toes in the sand...)

Gives him a sense of your preferences and personality in a playful way...

IV. Lately, I think a lot about.... (Give your partner insight into how you think. Worried about the state of the world? How to raise kids? How did all this time go by and when will I find someone who is exactly right for me and me him? What's on your mind? This helps him ID, "I like the way she thinks" or "Gee I've wondered that too!"

V. On a typical weekend, you can find me... (How do you spend your leisure time? This gives him a sense of if you two would like the same types of things. If you are not a couch potato and don't watch television, say that too... It's important to filter out the guys who are sofa surfers, watching sports, munching on chips and drinking a beer!!)

VI. Things that I particularly enjoy... (Here's your standard section of authors, movies, music, food, cooking, running, working out... tell him/her what you like so you can see what you might like doing together.)

VII. You should message me if...

(Why do you want someone to contact you? If you have read this profile and see we have things in common... If you are within X miles or willing to travel... Or you can have fun with this and let your humor out...)

“If when you read this, there was a flutter in your heart as well as your pants.” ;)
