



Support Guide

Three Keys to Getting the Next Date

1. Make an outstanding first impression.
2. Connect in a 'Woman-to-Man' way.
3. Be memorable.

1. Make An Outstanding First Impression

Take some time to plan in advance. Every date is worth it!

- **How will you set him up to anticipate a good time?**

- **What will you wear to dress to impress on every date?**

- **How will you get your story straight (about past relationships, discussing your work, etc.)?**

- **How will you manage your expectations?**

2. Connect in a 'Woman-to-Man' Way

LEAD with your feminine if you want to attract a masculine man.

- **Define feminine energy.**

- **Take the lead by starting off with openness and kindness.**

- **Find three things you LIKE about him.**

- **Maintain eye contact, smile, laugh...repeat.**

- **Start with small talk and share your gem statements/nuggets rather than going for the intellectual.**

- **Hold your judgments and search for contrary evidence.**

3. Be Memorable!

Men love women who are open, authentic, positive, and show interest. This is what gets him to ask you out again and again.

- **Focus on him, but don't forget to share about yourself.**
- **Manage the conversation.**
- **Leave him wanting more.**
- **Use your body.**

Use Nuggets™ for a Meaningful Connection

Share significant information about yourself, and learn about him from his response.

Nuggets™* are small chunks of information about yourself that help you get to know each other quicker and in a more meaningful way.

Create YOUR Nuggets™ by answering these questions.

NOTE: Don't forget to add the 'WHY' by stating, I love it BECAUSE...

- 1. What's something unusual about yourself that someone wouldn't know just by looking at you?**
- 2. Name a passion of yours and WHY you love it. Could be a hobby, a skill or talent, volunteer work, etc.**
- 3. What's one of your favorite things to do? (Don't forget the WHY!)**
- 4. What's the best trip you've ever been on...and WHY?**

Handling the Tough Questions

You are in charge of what, when and how you share. Set your boundaries kindly, but firmly.

Prepared Statements* help you respond to those hard questions.

THE FORMULA FOR PREPARED STATEMENTS

1. Tell him the truth in a simple, to-the-point way.
2. Tell him what's positive about it.
3. Move the conversation in another direction.

Create Your Prepared Statements

What questions do you get asked a lot, or are you afraid of being asked when you date?

Write them down and write how you would respond using the prepared statement 'formula.'

Super Tips for Better Conversation on a Date

- **Stick to the good stuff.**
- **Manage the conversation.**
- **Compliment him!**

Hold Your Judgments to Create More Opportunities

You want him to give you a chance. Give him the same opportunity.

How to decide whether to go on a second date.

What to say when he's not a good match for you.

Notes, Thoughts, Feelings, and Questions

***Original concepts by Dating Coach, Bobbi Palmer.**