

# HOW TO GET 7 DATES IN 7 DAYS



DAMONAHOFFMAN.COM



## How to get 7 dates in 7 days

This program is designed to give you 7 different ways that you not have thought of, 7 new tools that are out there today that can allow you to expand your dating pool.

Maybe you have tried some of these 7 ways but I would like to give some insights on how to use them effectively and maybe how to approach it in a different way than you have before in the past.

We are going to go through days 1 to 7 and if you try all these methods, you will see a change in your dating life very quickly. Even if you just try one of them between now and 7 days from now let us know your results because I have seen it work for many people before and I want to see work for you too.

## Day 1: Expand your Connector's Circle and Engage Them



If you have done my Kickstart Love program (now called [The 30 Day Dating Playbook](#)), if you have watched my Kickstart Love video, I do a deep dive on this in that program. Your Connector's circle are the kind of people in your life that know the right kind of man or woman you will want to meet. When I'm working with clients one-on-one, I say, "Have you asked your friends for a set up?"

They say, "Yes, I have asked my friends for a set up, but they never set me up with anybody." The problem is, most of them are going about it in the wrong way.

### **Step 1:**

You first start with a list of criteria in a mate and whittle this down to just two to three most important qualities. This is not your laundry list of everything that you ever dreamed that Prince Charming will have. This is what are the core values what is most important to you in a mate and what will be the right qualities you can really

build a life with. This is assuming that a relationships is what you are looking for. If you are just looking to get out there and date - maybe you are newly divorced, or maybe you really not interested in marriage or a serious relationship - you your list may be a little bit different. The important thing is that you whittle it down to just to 2 to 3 important qualities.

### **Step 2:**

Make a list of people that you believe will know that person, the kind of person you would love to meet. Most people say, "I asked my friends for setups but they didn't know anybody or I keeping asking and they never set me up."

But it is not just your friends we want to tap into. We want to tap into everybody you are connected to that has that right connection. This could be your coworker. This could be your neighbor. Perhaps someone in church? It doesn't necessary have to be someone that you know very well.

### **Step 3:**

Now, the way you approach them is really the key so you can't just go up to them and say "I am single. If you know anybody set me up."

You may have tried this before and what happened when you did that? You either get nothing or they sent you on a date with someone and you sat across the room and thought, how the heck did they think I was going to be a match with this person?

A lot of that is the way you have communicated what you wanted. If you are not specific in your request, you will get a very non-specific results back. So once you have the list of qualities you are looking for and the list of people in your life that you want to connect with, there is a way to approach them.

I always say there is a difference between asking for help, asking for advice, and asking for a favor. If you ask someone for a help, it is overwhelming it becomes that person's job to help you out, and most of the time, if have not given them a specific directive, they are not thinking about your dating life from day to day. You want to give them a memory trigger so that they can be thinking of you.

Asking for advice is often a good place to start if it is someone you don't know well or you feel a little anxious about approaching them. Most people like to give advice, let's be honest most people like to talk about themselves. So maybe you approach someone you knew from your charity work or group in church that you are part of and you say, "You and your husband seem so happy. I'd really love to get some advice from you on how you two make it work." Then, you are getting that person to open up and share with you.

Once you have that opening, then you can follow it up by asking for a favor, a favor is not something huge that this person has to do for you. It is not a demand. It is one specific thing that you would love for that person to help you out with if they are able.

The clearer you are with your favor, the clearer your results. Maybe you have asked for advice first or maybe you got the confidence just to go and ask for the favor but you say, "I really would like to meet a man that is professional, has a dry sense of humor, and lives downtown...or maybe just two of those things. You seem like you have friends like that so I just would ask if you know anyone single who fits the bill for that just let me know keep me in mind. I would love you to make a connection for me.

It is one specific thing that you're asking and next time when they are hanging out with their friend who just got off work, and has a dry sense of humor, their memory is going to be triggered and they are going to say, "Oh yeah, my friend asked me if I knew anybody that may be a right fit." That's how you set yourself up for success and you are not just taking whatever that comes through the door.

Please do not come from a place of shame or embarrassment, over making this ask. There is no shame in wanting to find love and we all deserve it. There is someone right out there for every one and most people will want to support you in your journey to find love if you ask them. You can't assume that they are thinking about you every time they meet someone single. You have to plant that seed for them. So Day 1, expand your connector circle and use them.

#### **Review:**

- Whittle your list of must-have criteria down to the TOP 3 most important qualities

- Create a list of connectors who might know that person
- Don't ask for help. Instead ask for a favor – one specific thing that they can do for you.
- Be clear with them about the kind of person you want to meet
- Do not come from a place of shame or embarrassment
- Don't get discouraged if you get a 'no'

## Day 2: Meetup Groups



Meetup groups are a fantastic way to expand your connector circle and to potentially meet a great match for yourself. If you are not familiar with Meetups, you can find them online at [meetup.com](http://meetup.com). It is basically a way to connect with people that have similar interests if you are not the type that goes to bars or other social gatherings. Just make it about doing something that you love and that can be a way to make it a little more comfortable for you. You can even bring along a friend, but it starts with an interest rather than starting with the desire to meet someone single.

There are specific meet up groups that are for singles and you can do one of those. Perhaps you are looking for someone who shares your faith or you are looking for

someone who is also active? You can find a meet up for single marathon runners. Maybe you do a little run and then afterwards you meet for a coffee. Then, you have an entry point into the conversation so it is not just, “Hi, who are you? What do you do?” Instead, you can start a conversation about something you both know you already enjoy.

You have to remember that any person you meet is a possible door into meeting your perfect match. So even if you go to these single Meetups and there are no singles there but there are a lot of really interesting people that share an interest with you, those people that you are meeting might be connected to that person that has that same interest but perhaps did not show up that day. Therefore, you are not only doing something you like, you are expanding your connector’s circle. In reaching a goal, it is all about dates and deadline. In all the other aspects in our lives we try to be very goal oriented and we schedule things in that we want to make out time for, but when it comes to dating we have other things vying for our attention. We have work, we have our family, we have friends, and then we put the dating aspect of our lives in the last calendar position. I’ve been told, IF someone asks me out, THEN I will make the time for it. Instead, I would like for you to start scheduling in your daily life and really making it a priority and making time for it the same way you do for the other important things in your life.

With a Meetup group, they meet at specific times so you know if you are not there, you are going to miss the boat. That is one thing, on Day 2, that you can do to change your dating options. Day 2 is join a Meetup group.

### **Review:**

- If you’re not the type to go to bars or other social gatherings, Meetup helps you connect with other with similar interests
- Search Meetup.com for both singles groups and general activities. Even if you don’t meet a match, you’re meeting a possible connector
- Goals are reached though adhering to dates and deadlines. Signing up for a Meetup will fill your calendar, increasing your chances of following through
- You can see who is signed up for the Meetup event to assess in advance if there is a good match or great connector that will be attending

- Every person you meet is a possible door into meeting your perfect match. This includes women, men, dates, co-workers, bartenders, the person next to you on the subway.

## Day 3: Speed Dating



I know you might be saying, I tried speed dating but it didn't work. I tried speed dating myself as well, and I made some interesting connections. It is all about the mentality you are going into the speed date with. Speed dating is excellent practice for dating and everything is happening at warp speed. It is the micro version of your real date. It's an opportunity to figure out what works and which of your stories really resonate with the person across from you.

Speed dating can help you get more comfortable starting a conversation with someone that you don't know and it is all in a safe environment. You signed up for the event and you are going to meet 8 to 10 people for 5 minutes each and you have to make the best of that time before the buzzer goes off.



Don't even go in with the expectation of a match, because when you approach it that way, not only does it take you out of the moment in that date, but it also sets you up for an expectation that could leave you with disappointment.

To be successful at dating, you have to be confident. If you go into speed dating expecting you are going to make 8 connections and you don't, then instead of feeling successful and saying "I talked to 8 women last night that I didn't know," or "I had a great time last night and this guy made me laugh," instead of focusing on your triumphs, you will be focused on the fact that you didn't make a match. You don't want take it to that place.

You have to remember that the person across you has their own list just like you have your own list. We also don't know the whole back story. Maybe they are recently out of a relationship and they are not ready to date someone. Whatever it is, you don't know their story and so even if you don't make a connection, you can't look at it as a failure. If you go in with the expectation of just having fun then you do make match, then it is only upside from there.

There are some ways that I do suggest that you prepare for speed dating so that you can be successful. Before you even go in, I would like for you to write down 5 unusual facts about yourself that you can share. It can be a fact or it can be a story. Remember that in speed dates you only have about 5 minutes so you want to be memorable.

It used to be that in speed dating you would fill out a card that same day when everything was fresh in your mind listing the people you met who you felt a connection to. If they felt a connection with you and wrote your name down as well, then you made a match!

Now most of the speed dating companies will have you log your matches the next day or within 24 or 48 hours. Also, a lot of dating sites now are also offering speed dating as a live event extension of their site and they just simply tell you who showed up and it is up to you or them to send out an email. This is why it so key that you really stand out and you are memorable. Therefore, having memorable stories is extremely important. They are not going remember where you said you are from, what you do for a living, where you went to college unless they happened

to go to the same place. They are going to remember that crazy story you told them about the trip you took when you were 19. They are going to remember that you picked up tennis when you were 25 and now you are nationally ranked.

Have those stories that you want to share and celebrate at the top of your mind. Perhaps you can make it a game for yourself? Let's say you have 8 to 10 dates and you have these five facts to share. Your game is to slip those five facts into five of the dates and then you have a cushion. You have three to five dates that you can totally mess up as long as you get those five stories into five of the other dates.

Another way to prepare is look at how you are representing externally. You may have heard me say that you have 7 seconds to make a first impression which means that the way that you are dressed, the way you look, the way that you walk, the way you talk, all those things are going to be factors that determine whether that person checks the box yes or no at the end of the night.

You want to be memorable and you want to put your best foot forward. So start out by wearing bright colors, they might not remember your name, they might remember some of your stories but they will remember the woman in the hot pink dress or the woman that had a really cool, funky hat on.

Think about wearing prints or even slogan T-shirts. Something memorable without being ridiculous. Of course this is not the place to wear your crazy feather boa (unless it is your personality to wear that normally.) You need to wear something that is memorable but also true to you. People try to blend in all the time. Most women wear a little black dress. Most men will wear the button down and blazer. After a date, you always think you are going to remember that person and then the next day you have totally forgotten them. So set yourself up for success by being prepared and present.

### **Review:**

- It's excellent dating practice
- Don't go in with the expectation of a match, go with the intention of having fun
- Write down 5 unusual facts about yourself
- Make it a game to work in each of those 5 facts into a date

- Wear bright colors, prints, slogan t-shirts—something memorable without looking ridiculous
- How can you tell if the speed dating company is good? Read yelp reviews, attend your favorite dating site’s live speed dating event, see how easy it is to record matches and use their site
- Women must sign up further in advance Many good services book up a month or more ahead of time for ladies.

## Day 4: Try Tinder



Now, before you roll your eyes at me, I will say I too was very skeptical about tinder when it first came out. But based on the experiences that my clients have had, I have changed my tune. I think tinder has transcended its hook up app persona.

If you are not familiar with Tinder, it’s a dating app that you use on your smart phone, on your iPhone or android and you create an account through Facebook so it sources your Facebook photos, gives you real first name, which differs from traditional dating sites. On a lot of dating sites, you don’t really know who you are dealing with. Tinder lists your real (Facebook) age and matches are sourced by proximity. It uses the GPS in your phone to tell you who is near you but because it uses Facebook, it will also reveal who your matches are connected to, so you can actually fact check in the real world. You can say to your friends, “I saw this

attractive guy you who is your Facebook friend, what is he like? Is he a good guy, should I go out with him?" You can actually get a real world reference from having that connected to your Facebook page.

For those of you who skeptical, yes there are people that create a fake Facebook page with fake friends to use a dating app but it is really labor intensive. Your chances of connecting with the person you think you are connecting with on tinder are much more greater than on basically any other major dating site. It is easy to use. You sign in and immediately different photos pop up with their name, their age, and of course their other photos. All you do is swipe right for yes and or left for no. If you both swiped yes then it moves you on to a text communication phase. So it is really quick to make a connection. If you are going to try one of these methods in 7 days, why not try tinder? It's free and it's one of the fastest ways that I know of for getting a date because you are shown so many matches and it is so quick to say yes or no and move on to the next step.

Most people are surprised by the number of matches that they get right of the gate but the problem with Tinder is that many times people get stuck in "the game." Tinder even uses gaming language like, "Wanna keep playing?"

However, you don't want to get stuck in the text communication, which is the greatest downfall of Tinder, and where a lot of people get stuck.

Plus there is no embarrassment factor because you only get connected if you both swipe yes. Yet, women especially have to be proactive on Tinder there are a lot of connections going. You will have a lot of connections and a lot of chats going and often the communication drops of. It doesn't necessarily mean they weren't interested in you, or that they are a player. It might just mean that you got lost in the shuffle.

If you get to that point but you had a genuine interest in the person, send them another message and try to move things offline if possible. That is always the rule of thumb with any virtual connection. To make a real match you have to get face-to face.

Tinder has said they have already had 50 marriages in the year that they have really become popular so that is pretty good it's probably more than you thought they would have. (At time of print, the number of marriages is now up to 200 and growing.)

What do you have to lose? And if you think it's just for young folks, why not give it a try and see? There are people of all ages on the site even though it's most popular with the 18 to 34 demographic. If you are older than that, keep in mind that Tinder is growing more and more popular each day and you will see that they are matches at your age group. Day 4 try Tinder.

**Review:**

- Tinder has transcended its hookup status
- Don't get stuck in the text game. Get offline as fast as you can
- It's proximity based
- It's easy to make a quick connection
- You can get a real life referral from one of your mutual Facebook friends
- Tinder pulls from your Facebook likes and interests to show you how well you match. Go into Facebook and update your likes and pages you follow to help your chances of connected with a like-minded person
- There are people of all ages on the site.

## Day 5: Match Making

# THE MILLIONAIRE MATCHMAKER



Most matchmakers are a large monetary investment charging about \$3,000 to \$10,000 depending on their experience and which market you are in. That will get you 3 to 6 months of membership and guarantee two to three matches. So it is a huge monetary investment but if you are with the right matchmaker it can be a great resource for you because they are doing all the searching for you.

If you are thinking, “I don’t have \$3,000 to pay a matchmaker,” here is the thing that most people don’t know, most matchmakers will allow you to join their database for free. They are matching for their clients that are paying them \$3,000-\$10,000 sometimes even more, so if you are the right match for their client, they would love to have you in their database. They would love to set you up on a date and it won’t cost you a dime but they have to know about you.

For day 5, get into as many free matchmaker databases as you can. Now, all matchmakers are not treated equally. It’s all about their database and their ability to make the best to connection for their clients. So if you are going to pay a matchmaker for their services, make sure you do your due diligence and research them. There is a matchmaker’s alliance that many of the best matchmakers are part of you. Plus, can check their reviews and you can ask for testimonials. Ask about their number of marriages too. You don’t just want them to make two

matches for you and send you on two dates with people that are totally wrong for you just because that is who they have in their database.

You want to make sure that they matching with the criteria that you really want. Many matchmakers also have Meet-Up groups and mixers just to expand their data base and to get their name out there, so take advantage of the free services that matchmakers offer.

I do know they are many matchmakers that are fantastic. There is one in particular that I adore [Julie Ferman](#). If you are in Los Angeles she is an expert matchmaker she has been doing this for over 20 years and has over 1100 matches. Her database is free and you can sign up at [JulieFerman.com](#). If you do want to join her database make sure you tell her that **Damona** sent you and she will take care of you.

However, she is not the only matchmaker around and if you are in a different market, find a local matchmaker who really knows your market. The best matchmakers will also be connected to either to Matchmaker's Alliance or to other organizations but they will have connections with other matchmakers. If you are paying one matchmaker to be in one database and they find a match in another city or another database, a great matchmaker will make that phone call to connect you with someone else, even if the match is not in their roster. Day 5 try out match making.

#### **Review:**

- Most matchmakers allow you to join their database for free
- If they take you on, most matchmakers will guarantee a certain minimum number of matches
- Many have MeetUp groups and mixers that you can attend for free
- Average cost is \$3000-10,000 for 3 to 6 months and guarantee 2 to 3 matches
- Check Yelp reviews, ask for testimonials, ask about their number of marriages before picking one to work with
- Select someone who has good local contacts but also has affiliations with matchmakers nationwide

## **Day 6: Work Your Swagger**



I am giving you another challenge called the “Hi Cutie Challenge.” Working your swagger is about being open and being friendly and making contacts where ever you go. This could happen in a bar, this could happen on the subway, this could happen at Starbucks. Both men and women have to be comfortable generating conversation. If you don’t open yourself up, you never know what might happen.

I heard a great story yesterday on my Dates & Mates radio show from a woman that challenged her friend to talk to a guy in the bar and this friend was saying no there was no way that she could do that. She was very concerned with guys coming to talk to her first and she was very stuck in her shell but when met with a challenge, she went ahead and did it. This woman started a conversation and it ended up the guy was very interesting and now they are married. If she didn’t make that first step she would have missed out.

If a man hasn’t noticed you for some reason - maybe he’s with his friends or maybe he was just a little too intimidated because hey—you’re a great lady, you’ve got your stuff together, he doesn’t want to be embarrassed either. Just make it simple for the conversation to begin.



Men or women, this is the three-step process for the “Hi Cutie Challenge.”

**Number 1:** Position yourself. Get close to the cutie you want to meet.

Now, you don’t want to be creeping around, hanging around breathing down their neck if you’re not ready to make the approach. You want to get in and get out fast. If you’re ready to make the approach, position yourself and get close to that cutie.

**Number 2:** Say hello. It’s that simple. You don’t have to come up with a whole line, you don’t have to have the conversation planned out in your head, just start with hello.

**Number 3:** Ask a question. It can be about anything - the drink, the room, the entertainment, it could be about their clothing, the weather, the food. It could be about your clothing, it could be about other venues to go to. It could be about breaking news, look up on your phone what just happened and walk up to them. Not with your phone in hand, but walk up to them and say, “Oh my goodness, did you hear what happened with Charlie Sheen or Kim Kardashian,” whatever it is, and that can be an entry point to the conversation.

If it’s going well, great! You can continue the conversation and see where it goes. If they seem distracted or they seem like they want to move on, you can just say, “Well, it was nice to meet you,” and walk away.

Many times they might come back because now you’re a friendly and familiar face. They might even follow you, say, “Hey, wait a minute, let me get your number,” or “Let’s continue the conversation on the patio.” You protect yourself by getting in and out and not overstaying your welcome there.

**Review:**

Take on the “HI CUTIE” Challenge simple 3-step process:

1. Position yourself (get close to the Cutie you want to meet)
2. Say hello

3. Ask a question. It can be about ANYTHING—the drink, the room, the entertainment, their clothing, the weather, the food, venues, breaking news—whatever!

If all goes well continue the conversation and see where it goes. If they seem distracted simply say, “Nice to meet you” and walk away. Often they will come back because you showed yourself to be friendly

## Day 7: Online Dating

First of all, if you are not using online dating, do yourself a favor and please sign up today. Even for a free dating site like OKCupid or Plenty of Fish, just start somewhere. Online dating is really the best way to expand your dating pool right now.

However, it shouldn't be the only thing you're doing, and through this book, I've given you six other ways that you can also expand your dating pool, but online dating is the best way to connect with people that you don't already know. Remember, you are dealing with a computer and you're dealing with algorithms, so you have to be proactive. You can't just sit back and wait for the messages to come in. Chivalry does not begin with an email.

Similar to the Work Your Swagger approach, with online dating, you just might not be coming up in someone's search, so you have to get out there and be visible.

I have another challenge for you. If you are online dating right now, go home and send out ten emails tonight. The average response rate is somewhere around 20%, so chances are, at least 1-2 will be returned. If you've tried sending out messages before and haven't gotten the response you hoped for, try doing this ten-message bulk send. What most people do is they send out two or three messages and spend all their time agonizing over what to say, and then when they don't get returns, what happens? They get frustrated.

Then they say, "Online dating doesn't work," they become less active on the site, then they show up in fewer searches because the less you're on the site, the less the site promotes you. It's like shopping or Google searching. The amount of hits that something gets impacts the ranking and what page you see it on.

If you only sign into online dating sites when you get a message, you're probably never coming up in the searches. You have to be on that site one, two, three, four times a day and with dating apps, you can take it on your phone, even if you're at work. Log in quickly when you're on your break. There's really no excuse for not being proactive. If you're going to be on the site, make the most of it.

When you send that first email, make it short and sweet. Here's a formula for you:

1) Comment on something in their profile

2) Follow it up with a question. "I see you have an awesome photo of the Eiffel Tower. Where else in Europe have you traveled to?" You're commenting on something that you already know they're interested in if they put it in their profile. Then, you're following up with a question on a topic that is interesting to them.

Don't focus on the eight or nine messages you don't get, focus on the one or two messages that you do.

If you're online dating and you stalled out, you feel like you've tried this method and you're not getting any messages and you're in a frustrated place, this may be time for a profile reboot.

Start with the photos. You really only need three to five photos as long as you're using the 3 C's: Color, Context, and Character.

## **COLOR**

Color will always stand out. Remember, you're looking at little thumbnails so your picture is coming up in little thumbnails too.

## **CONTEXT**

This is showing what's going on in your life and telling your life story visually through your photos.

## **CHARACTER**

This means showing off different aspects of your personality. Maybe you're shy, goofy, adventurous, active, or outdoorsy. Show that in your photos, because that's going to be the first place where anyone starts. They will see what they connect with in the visuals and then move on to reading the profile. If you don't grab their attention in your photos, they will not move on to the next step. The last thing that you can do is switch up your search criteria. Once you've changed up your profile photos, rewrite your profile as well and see how that impacts the number of messages you have coming in. Then, switch up your search criteria. If you're always doing the search for the same geographic area, the same age group, the same buttons that you've saved your search, and you do it that way every time you log in, change some of the factors. If you're always doing searches and you're not finding anybody, it could be the way that you're searching that's resulting in no matches or no new people to see. There are millions of people on these dating sites, you should be able to find ten that are worthy of messaging.

### **Review:**

- If you are not using online dating you **MUST** sign up today! Even for a free site such as OKCupid or Plenty of Fish
- Remember you're dealing with a computer so you must be proactive to get noticed.
- Send out 10 emails at least 3x a week. Chances are at least 1 or 2 will be returned. Make them short and sweet. The formula is comment on something in their profile plus ask a question
- If you are online dating and you've stalled out on options. You need a major profile reboot. Swap in new photos using the 3 Cs: color, context and character.
- Infuse your profile with passion words and switch up your search criteria

## Just a Recap, for 7 Dates in 7 Days:

**Day 1**—Expand and Engage Your Connector’s Circle

**Day 2**—Join a Meetup Group

**Day 3**—Speed Dating

**Day 4**—Try Tinder

**Day 5**—Matchmaking

**Day 6**—Work Your Swagger

**Day 7**—Online Dating.

That’s the fastest way to get **7 Dates in 7 Days**.

Are you ready for the next level? If you want to meet your man in 30 Days or less, my program [The 30 Day Dating Playbook](#) has the power to revolutionize your love life, change your dating habits, and give you a roadmap to meet Mr. Right, right now!