

7 Simple Steps to a Flawless First Date



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1.

PRE-SCREEN & QUALIFY

What is the most important factor in long-term compatibility?

Shared Values

So, the best way to prepare yourself for a successful first date is to make sure you should be there in the first place.

In my coaching programs I ask my clients to identify their **must-haves** in a relationship. These are not the physical characteristics you'd like in a dream partner or the activities that you'd enjoy sharing with them. This means identifying what you value, how you see the world and your outlook on life and aiming to find a partner to match those values.

Maya Angelou once said,

“When someone shows you who they are, believe them; the first time.”

Don't make them prove it to you over and over again. So, if they seem to be flaky or arrogant or disingenuous in your initial interactions, even over email, you should assume that is how they will be if you project the relationship into the future.



It's important to hear their voice.



Many people only text before a date now but if you do this you are missing a key element of the pre-screen.

Speaking to someone on the phone can give you a sense of their demeanor and can give you a chance to make sure that what they say matches their profile if you meet online so you don't waste your time.

How long should that first call be?

Less than 20 minutes.

You just want to spend enough time to get a sense of the person but not so much time that you ruin the opportunity to get to know them on a first date.

People often ask me whether Video Chatting (i.e. Skype) before a first date is a good idea. If you opt to do this make sure you follow my

3 key Video Chat Dating rules:



Don't video chat date for the first meeting if you are able to meet in person (i.e. if you are geographically close). Video chatting should only be used as a substitute; the real thing is always best.



Just like an in-person date, you should have a set start time. Saying you'll "Video chat_after work" and then calling at 10 PM won't make your date feel special and won't bring the best energy into the date.



Get dressed properly for the date. Don't just show up in whatever you were wearing earlier. Really prepare yourself as you would for an actual date so you can make a good first impression.

2.

PREPARE

When I say **date like it's your job**, I mean it. You would never go to a job interview without researching the company.

So, why go on a date without researching the person you'll be investing time and money into?

Also, you'll be happiest with the date if your expectations line up with what you see



Step 1: Google Your Date – Everyone has a digital identity so you should use the tools available to you to get more background on your date. However, you never want to mention something that you found out through cyber-sleuthing that your date didn't personally reveal to you so keep the fact-checking to a minimum to avoid possible slip-ups.

Step 2: Ask friends for insights – Using Facebook, Instagram and other social networking tools, it's easy to see if you have friends in common with your date. Don't be shy about your singlehood. It's ok to ask a friend about your date and even get some advice about what they seem to look for in a match so you can present yourself appropriately.



Step 3: Fact check what they say against the

profile – The reality is that most people embellish in their profiles so you want to make sure that the basic details are accurate. Men most often lie about their height, age, and income while women lie about weight and age most readily. Using a combination of personal references and google text and image searches you can make sure your date is on the up and up. You're looking for major lies – like age shifts of more than 5 years, inaccuracies in their profession or other major gaffs. A couple of pounds or a couple of inches do not mean much unless the act of lying (even little white lying) goes against your core date values.



Step 4: Practice for the date. – Run through your best stories in your mind. Do the sit test in the mirror to make sure your outfit looks as good sitting down as it does standing up. Re-read the dates profile so you are prepared with questions or points you'd like to know more about.

3.

PICK THE RIGHT VENUE

Safety First:

The first step is that you pick a public place that you are familiar with for safety. This includes safe access to parking or well-lit and well-traveled access to public transportation. Provided you are in a metropolitan area and going someone in the popular areas, Uber is a great way to be sure you have access to reliable transportation – make sure you order it from inside the venue and wait in a public area until they have arrived.

Activity Dates are Best:

Dinner dates are the kiss of death. Who wants to stare at the broccoli in your teeth for 3 hours when they just met you? Try a date that includes an activity so you'll have something to share, comment on or do together. Make a memory with one another and you'll be bonded for life.

Stay in One Spot:



I often hear from daters that they think the date went well because they got drinks after or went to another location. Then, they are puzzled when they do not hear from their date again. And if the second location is their place, that's a definite red flag that you won't be hearing from them again.

4.

PRE-DATE RITUAL

Everyone needs a pre-date ritual to get them in the mood for a date.

Whether it's:

- ♥ **G**oing to the gym to get your energy up
- ♥ **T**aking a brisk walk with your dog
- ♥ **T**alking to your mom
- ♥ **O**r taking a hot shower

You need an activity to pump you up and prepare you for the dating mindset. Do not drag your drama from work into your date. Take the time, to reset, refresh, and ready yourself for a great date.

Don't forget to groom!



This means take the time to get your haircut, blowout, nails done, whatever you need to feel like your best you. The way you feel on the inside will show on the outside and considering that you don't get a second chance to make a first impression, put your best foot forward from the start.

According to a recent study you have only **7 seconds** to make a first impression.



This means that you must make sure that your presentation reflects what you want your date to see. This about the color, the fit, and the style of what you are wearing and make sure it is appropriate for the kind of date you are having.

5.

ACTIVE LISTENING

The biggest mistake you can make on a date is trying to talk your date into liking you by **boasting** about your accomplishments.



Don't just wait for your turn to speak. Actively listen to your date and let your response to what they say guide you into new topics instead of jumping from one question to another.



Whether or not you agree with what your date says, you are more likely to earn a second date by responding honestly and sharing your point of view.

In my personalized coaching programs I use the principles of improv to help daters improve their conversation and flirting skills.



One exercise that I love from improv is called

“YES, AND”

This means that when your partner says something you validate it by saying “Yes” and add to it by saying “And”. You don’t actually have to utter the word “Yes” but give your date encouragement that you understand what they are saying and you are listening then add your personal opinion or story to the mix.



Very important: Turn off your phone and put it away.

A recent study showed that the mere presence of a cellphone on a date led to a feeling of distrust between people – particularly when sharing personal information. Even if you don't answer the phone, just putting on the table or checking it to see if “someone more important” was calling makes your date feel that they are not a priority in your life. Humans lived without cellphones for 200,000 years, you can be without yours for a few minutes.

6.

KEEP IT SHORT

How long do you think a great first date should be?

2 hours?

3 hours?

Newsflash

The ideal length for a date is 1 hour.
One Hour. 1 Hr.

There are two major reasons for this:

1. You aren't yourself on a first date – the nerves involved in meeting someone for the first time often lead us to say something that is uncharacteristic for us. Your date is constantly judging and evaluating you to determine if they should go out with you again and one slip up is all it takes to cross you off the list. If you minimize the time on that first date you give yourself a better chance to make a great impression.

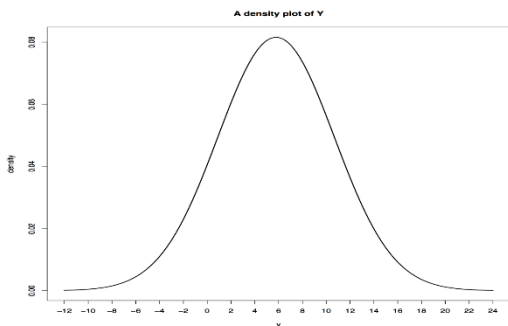
2. Don't wear out your welcome – Quick. Think of a date you had in the last year.

What parts of the date do you remember?

Do you know what topics you talked about?

How they answered the questions you posed?

Chances are the most vivid parts of the date for you are the beginning and the end. The most important parts of a date are always the first few minutes and the last few minutes because the way our brains form memories. The initial impression and the last moment you leave your date with are the points of the date that are almost always remembered.



If you were to plot out the energy of a first date on graph it would fall in a bell curve.

When you first meet, you're nervous and unsure of yourself or your date so it takes a while for the energy to build. Once the conversation is flowing you remain at the top of the curve until the energy peaks and you start to feel like you're running out of things to talk about



Eventually one or both of you will start to tire of the date and the energy will again fall to the bottom of the graph.

The shorter the date is, the more condensed each phase of the date and the closer the high point of the curve is to the end of the date. Unsuccessful daters will often overstay their welcome on a date and extend it after the energy has begun to fall which leaves the potential date feeling worn out and only remembering the low point of the date.

If you leave some mysteries to be uncovered and additional information to be revealed, the intrigue is enough to keep the energy of the date high and the date will almost feel like it's ending at the middle – at the high point. That will increase your probability of getting to a second date.



3. Plan Your Entrance and Exit – Hopefully all of your future dates will be fascinating but in the event that your date doesn't stack up, it's always a good idea to have a place that you are coming from and a place that you are going to after the date pre-determined before you even arrive.

Having a place that you are coming from gives you an immediate first topic for the date (and hopefully it's not work.)



Having a place that you are going to gives you an automatic exit strategy.

This is useful not only when it's going poorly but also when a date is going well so you can leave your date wanting more as discussed in item 2 of this section.

You never want to end abruptly so it's a good idea to tell your date beforehand or at the beginning of the date, "I have to pick up my sister after I meet you." Or "I have to be at work early tomorrow so I can't stay out late." Make sure any of those statements are couple with your enthusiasm, however by saying "I'm excited to meet you," or "I can't wait to hear more about..."

7.

SNAG A SECOND

Returning again to the “Date Like It’s Your Job” concept, one of the most important elements of success is follow-through.

You can have a great date and your date can be enthusiastic about you but if you do not follow up in a timely manner, they can lose interest – especially in this digital world where the average response time to a text is 90 seconds you cannot show hesitation when it comes to making a romantic connection.

During the date you can insure a second date by leaving a breadcrumb for them to pick up on the next date. For example, if you get a question that you think has a really juicy answer, or if you feel uncomfortable answering it on a first date you can say, “I’ll tell you about that next time.” Like the cliffhanger before a commercial break during your favorite TV show, this will make your date more eager to see you again so they can hear more.

Also, if you're talking about an activity you both enjoy or that one of you would like to try you can say, **"We should go there/try that on our next date."**

The way you follow up is just as important as when you follow up after the date.

Rather than just sending an email or text that says, **"Hi, thinking of you,"** or **"Want to go out again,"** call back to something on the date. Say,

"I saw this thing and it reminded me about that story you told me."

You're more likely to get a response because you are triggering a memory that the person had previously as well as a memory that they formed with you on the date.



Following this simple, 7 step roadmap for a date will set you up for success in romance when you meet face to face.

