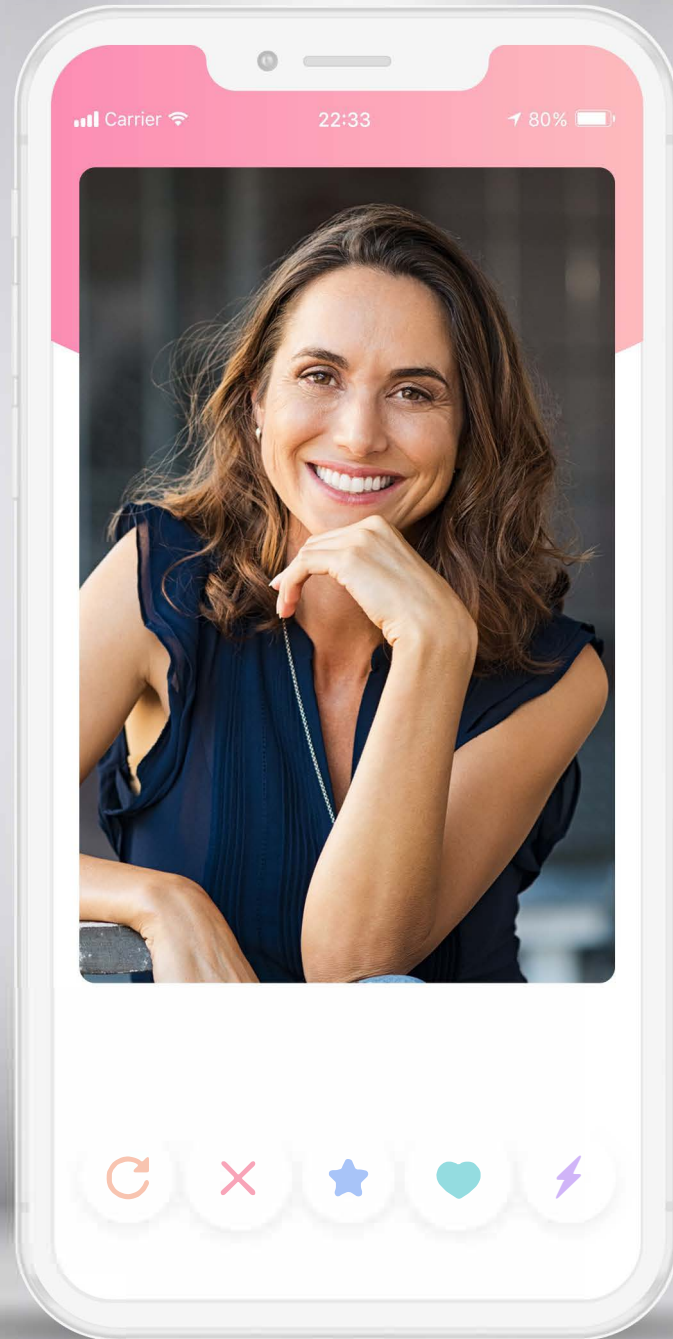


PROFILE STARTER KIT



DAMONAHOFFMAN.COM



**WRITE A
PROFILE
THAT
DOES THE
HARD
WORK
FOR YOU**



INTRO

The Profile Writing Delimma

For over a decade singles have come to me with the same challenge, “What do I say in my online dating profile?”

It’s difficult to write about yourself. You want to be humble but impressive at the same time.

You have to be specific enough to attract the person you’d like to meet, yet general enough not to turn off your perfect match before you even get to the date.

You’d like to sound witty and charming but maybe writing is not your strong suit.

You know that the real action starts when you begin making matches online but without a profile, you can’t even get to the dates.

I want to make it simple for you. I want you to be able to move past the profile phase more quickly so you can get to chatting, dating, and falling in love more quickly.

After years of writing profiles for clients I’ve taken created a simple profile writing jump starter kit that offers you two ways to write a profile:



INSIDE

Part 1

Profile Writing Prompts

The top idea generating questions if you are having writers block and don't know where to begin.

Part 2

The Plug and Play Profile

Fill-in-the-blank profile templates inspired by the top date-getting profiles that I ever created. All you have to do is fill in the blanks with your personal stories and details and you can have a magnetic profile in as little as 10 minutes that will draw in the exact kind of dates you'd like to meet.

Part 3

Click Here To Watch Damona's 3C's Video!



A QUICK NOTE

To Keep In Mind

Everything starts with the profile.

You can't set it and forget it.

Just by updating your profile regularly and doing it with intention, you can increase the quality of matches fivefold in a matter of weeks.

When you date with intention, you get back the effort you put in.

Also, keep in mind as you are crafting your profile, many of the dating apps only allow you to use one paragraph. For the legacy sites, you can use 1-3 paragraphs in total.

Every platform is different and your profile will not be one-size-fits all.

Go through the Profile Starter Kit and complete one or all of the sections, then edit down according to the app specifications.

Happy Dating!

PART 1

Profile Writing Prompts

What did you learn from the place where you grew up?

What did you learn from your parents, siblings, family?

What do you love about your work?

What is your passion?

What's your most outrageous or inspiring travel story?

What is your biggest accomplishment in life?

What's the weirdest/funniest thing about you?

Who do you admire?

What do you love?

What do you hate?

What makes you laugh?

What makes you cry?

What are your favorites (show, movie, activities, music). Why?

What's your biggest turn on?

What would someone never guess about you from looking at you?



PART 2

Cut and paste these profiles into your Word doc, fill in the blanks and voila - you have a new profile that has a proven track record for success.



PART 2

Sample Template 1

Growing up in _____ taught me to never _____
but also to always _____. I guess that is why I _____
now. _____ inspired me to _____ which makes
me feel _____ every time.

The _____ thing about my work is I get to
_____. There's nothing more _____ than
_____. After work, I'm a little embarrassed to admit
that I often/sometimes _____.

A man/woman who _____ always excites me. Bonus
points if you can _____ and if you _____. If it
sounds like fun to _____ or _____ send me a
message with your favorite _____ in the subject line.

PART 2

Sample Template 2

___ (My city) ___ is _____ and _____ but I must admit that _____. There's nothing quite like _____ or _____. Though most of my time is spent _____, I do love to _____ - any chance to _____ and _____ excites me.

The philosophy I live by is _____ so you need to _____. I don't _____ or _____ as long as I have _____.

What's important to me in a partner? _____ and it wouldn't hurt if _____. A _____ is important to me. If _____ and _____ make you _____ too, we might be a match made in heaven.

PART 2

Sample Template 3

Picture it, ___(CITY) , __ (YEAR) _____. I'm wearing _____ and _____.

Back then I thought _____ ruled but I've come to realize there are more important things in life like _____.

I am an avid _____ and even though I have _____, I actually prefer _____. My lifelong goal is _____. So far _____.

I would love to meet a _____ who enjoys _____ too but above all else, I'm turned on by guys/women who _____. _____, _____, and _____ are big wins in my book.

You don't have to look like _____ or _____. Just _____ and love _____ and we'll get along just fine.

PART 2

Sample Template 4

Saying yes to _____ has made me _____ I'm open to any activity involving _____ but you should know _____ but as long as we're having fun I don't mind.

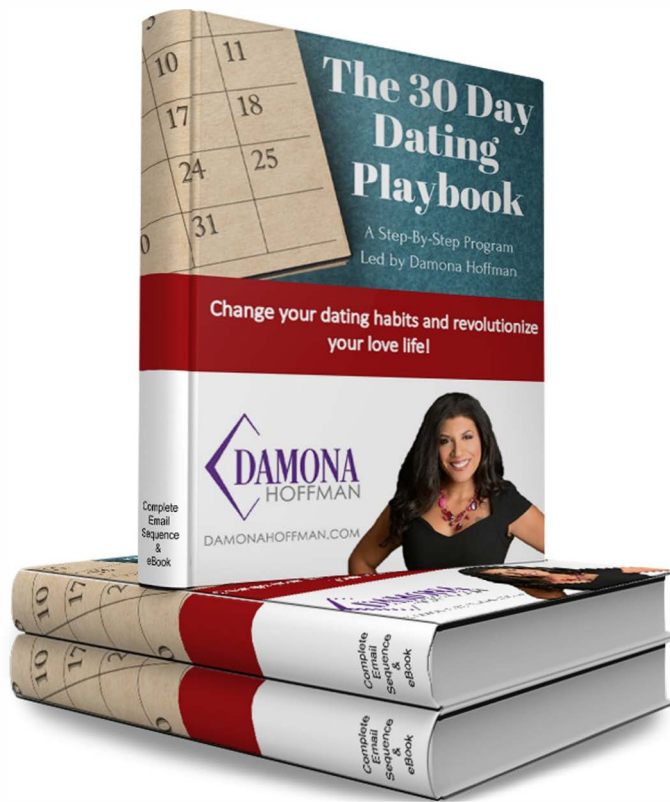
I hope you're the type of guy/woman who, like me, _____ and _____. Nothing is sexier to me than _____ and _____.

Seeing the way my parents _____ makes me excited to _____.

You can find me most days wearing _____ with _____.

Right now I'm looking for occasions to wear my _____ (strange piece of clothing)___ so let me know if you have any ideas....

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- ✓ The #1 thing that attracts the opposite sex to you.
- ✓ What's gone wrong in your past relationships and how to avoid the same pitfalls.
- ✓ How to navigate the challenges of dating today – this is stuff your married friends and mom can't help you with.
- ✓ And much more....



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Damona Hoffman is a certified dating coach, writer, radio host, and TV personality. Damona starred in the TV series #BlackLove and A Question of Love on FYI TV (A & E Networks), she writes for The Washington Post's Date Lab, and she hosts the Dates & Mates with Damona Hoffman Radio Show & Podcast.

Keep up with all of Damona's freshest dating advice by subscribing to the Dates & Mates Podcast on Apple Podcasts, Google Music, or your favorite podcast platform.