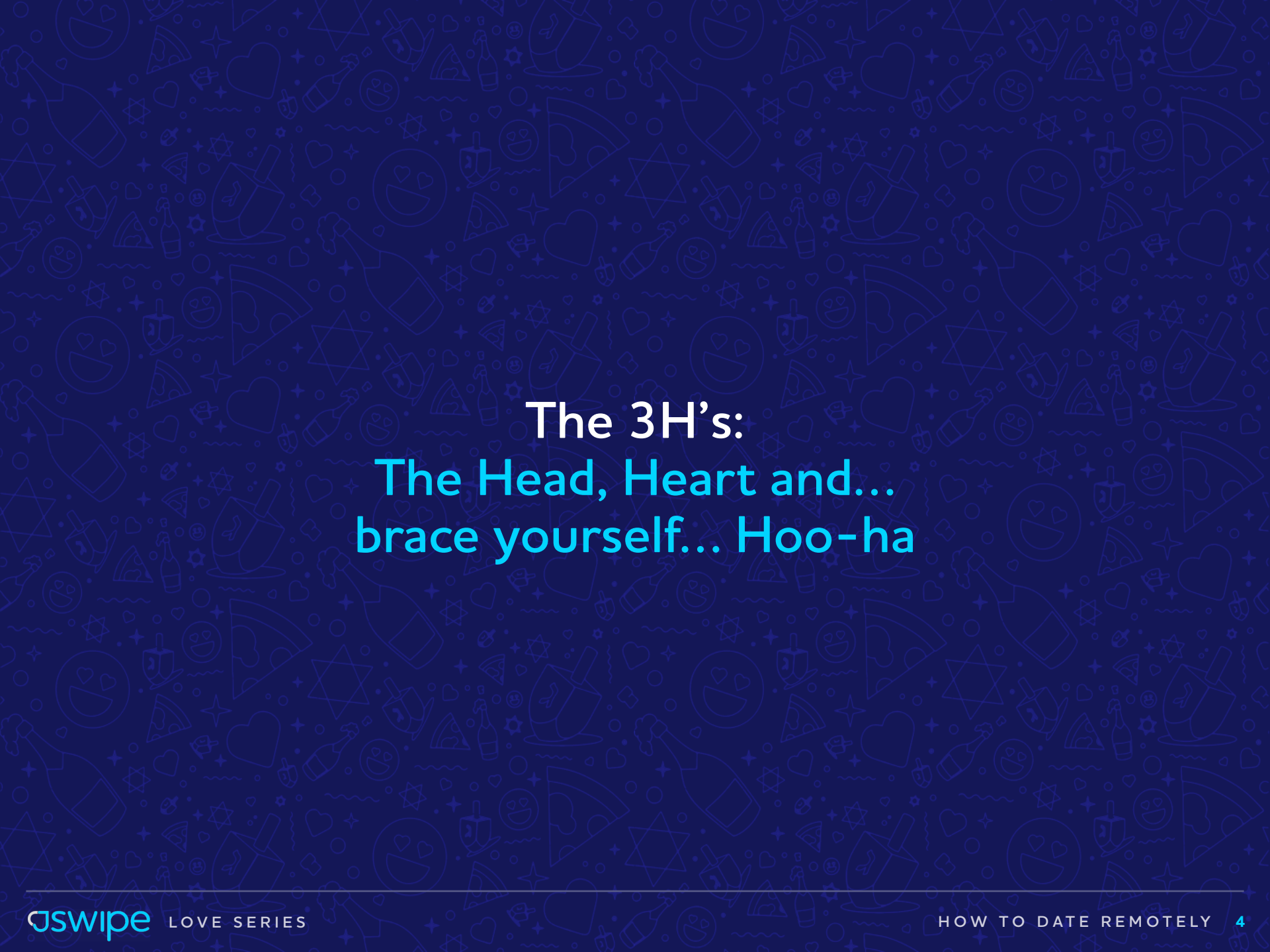


INTRODUCING

JSWIPE
LOVE
SERIES



**The 3H's:
The Head, Heart and...
brace yourself... Hoo-ha**

The 🤖 HEAD argues for what looks good on paper, voting in favor of who is practical and smart to date.

The 😍 **HEART** gauges the connection, trust, and respect.

The 😍 HOO-HA argues for the one that's hot and is measuring the attraction at all times!



3H WARNING

The 3H's don't always work well together.
They compete for dominance.
They masquerade around as THE truth.
They shape the patterns you live and love by.

**Before the first 3 virtual dates,
know your brand of past failure.**

Person's Name	Duration of Relationship	What was great about them?	What wasn't so great about them?	Who broke up with whom?	What was the relationship's fatal flaw? Any lying or cheating? By whom?	3H's Rating (1-10): 1 hire an attorney now and 10, ah-mazing	Name that pattern?	Connect the dots: Name that parent's pattern?
Example: John	2 years	Self-made, wealthy, smart, and thought I was the hottest thing	Stingy with his money, felt old, drank too much, always needed to "ruminate" on things	I broke up with him	He was a liar. He also had 2 daughters I didn't really like. He didn't really like mine. Caught him sneaking booze and, later, on the dating sites (!).	Head: 9 Heart: 3 Hoo-ha: 3	I sell out for either hot, nice or rich. Not all. This one was rich.	My mom married the nice, smart guy with the most potential to make money. He was not hot, but was hard-working, not the cheating kind and, to this day, thinks she's the hottest thing. Connected dots: We both "cheated" ourselves by selling out for nice/money over heat and both got cheated on anyway.

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Sample **HEAD** considerations and deal breakers:

- Logistics / Where THEY LIVE
- Time / Availability
- Money / Wealth / Spending
- Health & Fitness
- Kids / Parenting / Family Life
- Job / Career / Retirement
- Politics / Religion

Sample **HEART** considerations and deal breakers:

- Intensity / Energy
- Sense of Humor
- Communication Style
- Respect / Honor / Admiration / Trust / Twinkle
- Type of Attention You Want to Give and Receive
- Fun & Adventure
- How Your Dreams and Goals Intersect

Sample **HOO-HA** considerations and deal breakers:

- Age
- Looks / Weight / Height
- Sense of Style
- Chemistry / Sex appeal
- **LIKE SIMILAR STYLES OF INTIMACY**

STEP 1

Assess The Profile

- All 3H's have to be voting an 8 or above.
So, look at the pictures and the words!
- They picked what they thought looked good, notice that.
- Look for written sentences that feed the needs of your 3H's and makes them H-appy.

STEP 2

Take it to the PHONE

GOAL:

Find out if there is a click, if there is chemistry.

Do you make each other laugh? If it isn't somehow intriguing, abort the mission. Unless, they tell you they aren't good on phone. If you're still intrigued... proceed to Step 3

STEP 3

Video Date

GOAL:

The physical / emotional connection gets clearer.
Take a look at them, **see how it feels**. If you are neutral or bored, abort the mission.

Basic video humankind-er dating laws:

1. **Have fun with video** – Set up a Facetime date, switch it up with different backgrounds (think beach, picnic, fireplace) on Zoom, maybe even a group-date with friends!
2. **Be kind** – Check in with your matches. Be the highlight of their day. Everyone is a bit sensitive at the moment – let's look out for each other.
3. **Get real / vulnerable** – The past few weeks have been... a lot. The right person will appreciate you sharing whatever is coming up for you and meet you there.
4. **Respect!** – Treat your match like you would like to be treated. Try not to leave them unread. Delete the match if you're not feelin it. Don't ghost.
5. **Stay present** – Remember that like all things, this too shall pass. Take the opportunity to really get to know yourself -- and your match

STEP 4

The First Virtual Date

GOAL:

Your job is to be great on your date. Just like you wouldn't give a bad job interview, same here. Leave the call honest and proud and it will build confidence.

FIRST VIDEO CALL TIPS

- Shower, straighten up the room and **dress nicely**.
- First virtual date is a drink or coffee **somewhere quiet and public**. Do NOT set up a virtual dinner (see: long!) date. You can always extend the coffee or drink, if it is going great.
- **Present questions** and answers designed to get to know each other (based on your 3H's desires' list).
- Cause **intriguing** conversations
- **Sparkle** / twinkle.

TEST

At the end of the virtual date ask yourself:

Did you feel a connection to this person?

Do you want to know more about them?

Do you want to kiss the person (one day)?

The talk should make you want to know more about them. If you don't want to know more about them, abort the mission.

PERSONAL LAWS:

- If you do not want another virtual date: no leading on, flirting or texting.
- Instead, say it was nice to meet you, good luck with everything.
- Be honest.
- If they are starting to ask you for another call or future date, you have to say “I don’t think this is a match.”

RECAP

How to rock the first 3 virtual dates:

- Know your past patterns.
- Put in the right laws to stop repeating your past.
- Know your 3H's criteria like the back of your hand and date accordingly
- Go public with your dates about your laws
- Learn to love the 4th H (aka the hunt)

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LEARN TO HUMAN BETTER IN LOVE

Inner.U LOVE is our online coaching course that gives you the tools to not only avoid heartbreak, but find whatever, whomever, and how many-ever it is that you truly and wholeheartedly want.

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- Uncover your dreams
- Learn how to get out of purgatory by purging
- Put your past to pasture.
- Unpickle your pickled picker
- Leap leagues
- Come to terms with your terms
- Learn how to date like you mean it

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