

The 3H's Guide® to  
Your Dating Profile

# How to Right Your Profile



1

## **Be You. Only Better**

As much as we know you want your profile to not only aptly represent you, but differentiate you from ALL others, we still recommend being wholly and honestly yourself in it. In other words, don't be who you think others want you to be or who you wish you were. However, if you are, for example, a bad speller or a bit careless, use this opportunity to be yourself, only better-er.

2

## **Get Clear about What You Want**

First step in writing/righting your profile is to make sure you know exactly what you want. Sure, you know what you don't want, but before you write your profile and post it--get honest about what matters most to you. How? Know your 3H's criteria. Your 3 whats? Your Head, Heart and Hoo-ha: the three critical voters inside each of us that each have an equal say if a person is our person or not. Your Head is interested in what looks good on paper, i.e. where they live, what they do for a living, do they have kids or want them, etc. Your Heart cares if you have similar interests, religious and political beliefs, trust, and respect, etc. Your Hoo-ha wants to ensure there's chemistry, i.e. do you find them attractive, hot, sexy, cute, twinkly? Are they your desert island pick? In the profile itself, you certainly don't have to list out everything you want, but you need to have it in mind as you write the right ad for your ideal.

### 3 **Make Sure Your Profile TRULY Matches Your Dream**

Once you know your true and fair 3H's list, make sure your profile matches it. For example, if you are looking for the love of your life, the last first date you will ever go on, do NOT write in your profile that you're looking for possible friendship, a partner in crime and/or someone to travel and dance with. One is a playmate, the other a soul mate. The man or woman that gets turned off by your admission of your ideal, ain't YOUR person. you want, how can you get it? If you can't admit what isn't really working, how can you fix it?

### 4 **Don't Slip Your Past in Your Present**

Watch for signs of slipping negative or insecure words into your profile. What negative words/phrases? Here are just a few of our clients' favorite descriptors: emotionally stable, baggagefree, never lies (have you met us?), independent, safe, protective, trustworthy, etc. So, for example, asking in your profile for "someone who has their own friends and life and doesn't need you 24-7," although a seemingly benign(ish) request, you need to figure out how to actually ask for what you want today, without kicking yourself (or them) for yesterday.

### 5 **Keep Your Profile Brief but Brave**

Keep your profile not too long and not too short. However, do not skip any questions. If you don't care enough to pay attention to detail and answer all of the questions on the profile, why should your mate (care, that is)? Make sure your profile reflects you, but better (tip #1), you but honester (tip #3), AND you but funner (tip #10). Yes, we know the last two are not words. See: stickler.

### 6 **Stay in Your Lane**

Though your profile is indeed an ad for your ideal, it is not a pipe dream. It's an honest ad for someone who not only fits your 3H's criteria (see #2), but who is also in the same league as you. For example, if your Hoo-ha wants a healthy and fit partner, get yourself to the gym too. Hell, you are way more likely to meet your mate at a spin class than on your couch. If you got offended by this tip, have a seat, we have more bad/good news for you. If you don't happen to like the league of daters that are currently coming for you, you can either blame the website or the state you live in, etc. OR you can do something a tad more useful (but less fun than finger pointing) and get to work on what you're honestly not tickled with about yourself.

7

## Photo-wise Be Wise

Pick 3-5 of your favorite RECENT photos to post. Capture you. Update them often. If there is a funny story that goes with the photo, include a great (and proofread!) caption. On the other hand, do NOT put a photo of you skydiving, waterskiing, or synchronized swimming if the last (and first) time you did it was years ago. Which photos you post tell a lot about what you are looking for (i.e. are you out to find love or get laid). Make sure they match up. Also, make sure that at least one of your photos is a full body shot. If that is offensive to you, see tip #6. You can either hate on people and blame their shallowness OR do what it takes to love you for you. Your soul's mate, I promise, will love all of you. But you have to go first.

8

## Butcher Your Inner-chicken and Time-out Your Brat

Notice your own inner dialogue when dating, avoiding dating, and/or looking at other people's profiles. Tell the unkind voice in your head to pipe down. Be as kind, graceful, honest, and upfront as you want others to be with you. It is absolutely fine that someone who thumbs you up is far from your type, but we promise, if you are snarky about them, the reason you may distrust and dread the hunt so much is quite possibly because you can be nasty to others yourself. Also, start hearing your negative theories, i.e. "everyone wants someone younger (than me)" as the dream decay they are. After all, how's that theory even make sense, if you are great and looking for someone your age, why aren't they? Get the joke. If you think your person is not out there, it allows you to keep dating not-its or not dating at all. what it takes to love you for you. Your soul's mate, I promise, will love all of you. But you have to go first.

9

## Don't Lie

Do not lie in your profile (really, don't lie in your life, but let's just start with your profile). No matter what your friends say. No matter how much younger you look or feel compared to your age or what your inner dialogue sells you that you will tell them on the date, on that call, or when they get to know you better, cut it out. If you do not want to date a liar (and who does?), do not be one. However, if you are going to lie about your age no matter WHAT we say (and so many of you do), we HIGHLY recommend that you come clean on the FIRST date. We also recommend you tread carefully. If you are willing to justifiably lie / omit information, so are they. And Karma, FYI, is way more than a bitch, she's got game.

10

## Have fun on this quest. Yes, FUN.

No shi(f)t. There is a BIG difference between humor and cynicism, between begrudging the fact you have to “hunt” for your mate vs. the emotional integrity it has to enjoy this quest of yours. Nothing that is this important in your life should be or is that easy or quick. Goofy of you not to have fun. And psst, if you are dragging your feet and dreading dating--guess who is coming a calling (or texting)? The dreadful (or no one).

If you're still stuck on the bench when it comes to love, please blow the whistle on yourself and get a coach. Truth is, In order to not repeat your past, you have to fully understand your patterns, parents, and picker (how your picker picks). This is no small feat, but love is well worth the work. If financially feasible, find the perfect fit of a life coach, check out our website and offerings, and/or our digital coaching course, Inner.U.

## You got this!

**INNER.U** LOVE

This online coaching course gives you the tools to find, fix, and figure out whatever, whomever, and how many-ever it is that you truly and wholeheartedly want.

**LIFETIME ACCESS \$650**

**inneru.coach**