

Online Profile Template

A good online dating profile will give you more choices and attract more people so it's important to put some thought into it. Your profile should be short and sweet (less than 100 words) but also give a good feel of your personality and who you are with some good details that separate you from everyone else.

First, let's list out some things that you might want to add:

What do you do on weekends? What's a typical Friday night, Saturday, and Sunday morning for you?

What are your hobbies?

Where have you gone lately or last?

What are your favorite movies?

What are your favorite books?

What are your favorite quotes?

What's your favorite memory from college? Childhood? Friends? Family? Work? Traveling?

Are you taking any classes or learning anything new at the moment?

What's your favorite joke?

Do you collect anything?

What's the weirdest thing that ever happened to you?

What activities do you want to do with your partner?

What activities do you like to do alone?

Are you an introvert or extrovert?

Are you religious?

Are you into politics?

What are your top 5 deal breakers in a partner?

What are your top 5 must-haves?

What is your idea of a great date?

Do you want kids?

Do you want to get married? Are you looking for a relationship or just new friends of the opposite sex to get a feel for what you like (if you're newly single or been single for a very long time it might be better to just date around without looking for anything serious until you know your heart is fully open and ready for a commitment)?

When do you feel happiest?

What are 5 things you love about yourself?

5 reasons you'd make a great partner for the right person?

What do you love about your work?

What are your goals? What are you working towards?

Now that you have some ideas floating around, pick the top 3 things that either capture who you are the best or are most important to you and list them first.

For example:

3 things you love:

Lover of beaches, tea, and mma

Or 3 things that describe you:

- Avid reader
- Teacher
- Animal volunteer

Or if traveling is most important to you:

Adventure seeker... just got back from London, Paris, and Prague

Now write a short paragraph describing your favorite things from the brainstorming questions above. Write in positive instead of negatives when possible unless it's a deal breaker (ie I love _____ vs I hate _____).

For example:

On the weekends you can find me _____. I'm Catholic and go to church on Sundays. I would love a partner to join me. I also love to _____. My idea of a great date is _____.

Next write a short paragraph about what you're looking for in a partner from your list of must-haves and deal breakers.

For example:

I would love a partner/man/woman who _____. If you _____ that would be awesome. If you _____, _____, or _____ we will probably not get along.

Finally, give them an idea of what to write to you if they're interested.

For example:

Tell me your favorite place to grab a drink.

If you have a passport and are ready for your next adventure, I'd love to know where you're planning to go.

Where would you take me on our first date?

If you love Stephen King books as much as I do, which one is your favorite?

This type of profile will let people know right away if you have common interests and help you stand out from the crowd. If you have any questions, feel free to email me at Colette@ColetteGallagher.com

If you want a the full formula for manifesting your soulmate online and stop going on bad dates, grab my Find Your Soulmate in 90 Days course at www.ColetteGallagher.com/Courses!