Before you post your profile....

1. Get a Great Professional Photo Made of You

<u>www.LookBetterOnline.com</u> offers great photographers to choose from all across the US. The cost is about \$100 or so and is well worth it. Feel free to use a local professional photographer whose work you are familiar with. You want about 5-10 photographs from them for which you have the rights to publish the photographs digitally online.

Advance Time

Most of the photographers you will need to book the appointment a few days to a week in advance. Arrange to do this now as soon as you are considering posting your photo online so that you aren't delayed any longer than necessary to post your profile.

What to Expect

The photographer will provide you with your photos typically that day via email so you have their online digital usage and digital copy.

What Should I Wear to Look and Present MY Best?

For your photo session, typically you want to wear black or other dark face framing color shirts, dresses, or tops. Men can often wear a crisp white shirt and look snazzy. Depending on the depth of the hue of your complexion, you may want to wear a pale color top to frame your face while maintaining sufficient contrast. Bring a dark top and a light top to your photo shoot if you're unsure. Most professional photographers should be able to advise you well.

What About Make Up? How Much Should I Wear?

Ladies, do your make and also bring your make up with you. Often for a photo shoot you want to add a touch heavier make-up, but it is often for one or two features, not everything. Bring your make up with you and ask your professional photographer for input.

And remember to SMILE often! You project your most magnetically attractive self with your radiant smile.

2. Start Collecting Some Good Casual Photos of You, too

While you want your primary photo seen by all in the online dating site search results, you do want to include in your profile some flattering casual photos of you.

Use good casual photos of you to demonstrate that you are a real person and to reflect a little of your personality, hobbies, and interests. When you resemble a Magazine Model in your professional photographer photo, it is important to demonstrate that you are real and not a fake profile via your photos.

Keep It 3 -5 Total Photos of You

Remember, total photos should be 3-5 pix only. Fewer than that and you come across as unreal. Even though some online dating sites will allow you around 10 photos, don't post that many.

<u>Unless You're at Facebook or MySpace, This Is Not Facebook or</u> <u>MySpace</u>

More than 5 and it smacks of desperation or simply having no sense of discernment – "I couldn't choose, so I threw everything up here." Your Online Dating Profile is not your MySpace or Facebook page with tons of photo albums.

Continue to Collect Good Casual Photos of You

Once you do post your profile online, continue to collect good casual photos of yourself. Time to put that cool Digital Camera or iPhone camera feature to good use!

Keep Your Online Dating Profile Fresh with New Photos of You

You will want to change your photos a bit over time to keep your profile fresh, engaging and interesting. Your photos can help you do this, for example, by reflecting recent travels you have taken and various holiday parties you've attended.

3. <u>Set Up a Secondary Personal Email Account</u>

Go to any of the good free email sites: yahoo, gmail, aol, hotmail. Set up a secondary personal email account. This is separate from your regularly used personal email account.

Protect Yourself from Strangers Online

Please do this to avoid and protect yourself from *strangers* whom you have not vetted whatsoever from having the same email account that you use at you MySpace, Facebook, Twitter, LinkedIn, and Plaxo sort of Social Networking sites. This is to both to protect your personal privacy as well as your personal safety.

4. Complete Your Profile Worksheets (Brand Yourself Online)

First download my worksheets to do some simple and easy prep work on what you want to say about yourself to represent yourself online as well as appropriately grabbing some attention from singles who would be interested in you.

5. Pick Your First Online Dating Site

Check out the top 4. See which ones have the most singles in your personal taste of interest age, ethnic, and geo-regional areas.

6. Do Your Reconnaissance

Check out the profiles of other singles who are you same gender and in the same age range to see what they have said about themselves and how they presented themselves. Also take a look at the profile essays of the singles of your opposite sex and see what they say they think they are looking for, especially paying attention to the ones you personally find attractive to your taste.

7. Write Your Essay

Based on your Brand Yourself Online worksheets, what are some of your attributes and personal characteristics which you want to highlight and play up about yourself? Be sure to reflect those in your essay. Remember to use the more persuasive phrases of specific images of, "*I love hiking Mt. Charleston in the Springtime*," rather than the more generic, "*I like to hike*."

Include Life Partner Domestic Image

Do include a suggestion of domesticity without being overly demonstrative of wanting to get married, if that is your desire.

Avoid Party! Image

You want to convey that you are both a fun and enjoyable companion without communicating "*Party Girl*" or "*Good Time Boy*."

Some of the informational items to gather about yourself:

College Alma Mater Graduate Schools High School Middle School/Junior High School

Home town Places you have traveled domestically Places you have traveled internationally

Hobbies Interests Sports you played in high school or college Sports you play now Athletic pursuits you enjoy now New interests you want to explore and share with others

Books you've read recently Periodicals you read

Clean guilty pleasures on the level of confessing to enjoying reading People magazine on the beach or while traveling for business.

TV shows watched Movies you enjoy

Favorite actor/actresses

Music you like, specific artists and songs or musical pieces.