



During Date Companion Card™

YOUR ON-THE-GO GUIDE FOR A MEANINGFUL CONNECTION



Be present. Be curious. Be your best.



Small reminders create big connections.



YOUR MINDSET

- ♥ Be genuinely interested, not impressive.
- ♥ Listen more than you speak.
- ♥ Stay present and put your phone away.
- ♥ Look for connection, not perfection.
- ♥ Enjoy the discovery.

*Curiosity opens the door.
Authenticity creates the connection.*



GREAT CONVERSATION STARTERS

- 1 What's something you're passionate about right now?
- 2 What's been the highlight of your year so far?
- 3 If you could have dinner with anyone (living or not), who would it be?
- 4 What's a place you love and why?
- 5 What's something most people don't know about you?
- 6 What does a perfect weekend look like for you?



ACTIVE LISTENING CHECKLIST

- ☐ Give them your full attention.
- ☐ Maintain eye contact and positive body language.
- ☐ Ask follow-up questions.
- ☐ Listen for understanding, not just to reply.
- ☐ Acknowledge and validate what they share.

People remember how you made them feel.



READ THE MOMENT



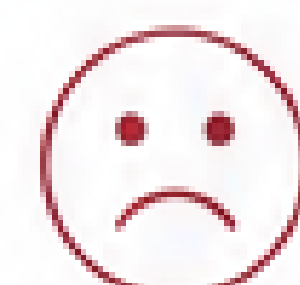
GOOD SIGNS

They ask questions • Lean in
Laugh • Make eye contact • Share openly
Seem comfortable and engaged



CHECK IN

Short answers • Look around the room
One-word replies • Seem distracted
Conversation feels one-sided



RED FLAGS

Disrespectful to others • Negative all the time
Talks about ex often • Overly critical
Inconsistent with their actions



GOOD TOPICS TO EXPLORE



TOPICS TO AVOID

- Passions and interests
- Travel and experiences
- Goals and dreams
- Family and values
- Life lessons and growth
- What makes them laugh
- Future hopes and aspirations
- Politics or religion
- Exes and past relationships
- Complaining or negativity
- Sensitive financial details
- Controversial or divisive topics
- Comparing to others
- Heavy or intense subjects early on



QUICK CONNECTION CHECK-IN

How would you rate the connection right now?

1

Not feeling it

2

3

Neutral

4

5

Really feeling it!

Trust your intuition. It's okay for the score to change.



NOTES TO REMEMBER

Things you'd like to remember about your date:

- _____
- _____
- _____
- _____
- _____



POSITION YOURSELF FOR SUCCESS



BE YOURSELF

Authenticity attracts the right kind of connection.



STAY POSITIVE

A positive attitude is magnetic.



ASK & EXPLORE

Good questions lead to great conversations.



ENJOY THE EXPERIENCE

Whether it's a match or not, every date is a step forward.



“

REMEMBER

*You don't have to have it all figured out.
Just stay present, be open, and enjoy the journey.* ”

