

First Date Preparation Guide

YOUR MATCHMAKER'S PRE-DATE CHECKLIST



Thoughtful preparation creates more relaxed, authentic conversations.



BEFORE YOU LEAVE

- ☐ Confirm the time and location.
- ☐ Allow extra travel time so you arrive relaxed.
- ☐ Silence your phone (or leave it in your pocket).
- ☐ Dress neatly in a way that feels authentic to you.
- ☐ Take one deep breath and smile before you walk in.



YOUR MATCHMAKER MINDSET

Remember:

- ♥ You're not interviewing someone.
- ♥ You're not trying to impress someone.
- ♥ You're simply discovering whether you'd enjoy getting to know them better.

Approach the evening with curiosity rather than expectations.



FIVE QUESTIONS WORTH ASKING

- 1 What do you enjoy doing when nobody's expecting anything from you?
- 2 What's something you've always wanted to learn?
- 3 What usually makes a really enjoyable weekend for you?
- 4 What's something you've done recently that made you smile?
- 5 If you could revisit one place you've been, where would you go?



FIVE GREAT FOLLOW-UP QUESTIONS

- 1 Tell me more about that.
- 2 How did that happen?
- 3 What got you interested in that?
- 4 What was that experience like?
- 5 How did you feel afterward?



GENTLE REMINDERS

Topics that usually benefit from waiting until trust develops:

- Ex-partners
- Financial problems
- Politics
- Complaints
- Medical issues
- Spending most of the evening talking about work

These topics aren't "off limits"—they're simply better explored naturally as trust develops.



THINGS PEOPLE REMEMBER MOST

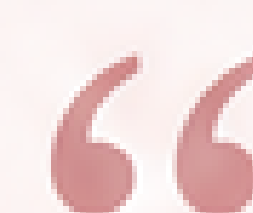
Research and professional matchmaking experience suggest people often remember:

- ♥ How comfortable they felt.
- ♥ Whether they felt genuinely heard.
- ♥ Whether they laughed.
- ♥ Whether the conversation felt easy.
- ♥ Whether they wanted more time together.



BEFORE YOU WALK IN...

- ☐ Am I curious about this person?
- ☐ Am I ready to listen?
- ☐ Am I open to being pleasantly surprised?
- ☐ Am I showing up as my authentic self?



MATCHMAKER'S FINAL THOUGHT



*The purpose of a first date isn't to find "The One."
It's simply to discover*

*whether one enjoyable conversation
deserves another.*

