

DATING EXERCISES

EXERCISE 1: Developing A Partner Profile

Step 1.

The key characteristics of my closest friends and people I enjoy being with:

(1)

(2)

(3)

(4)

(5)

Step 2.

The things I enjoy doing most in my spare time:

(1)

(2)

(3)

(4)

(5)

Now turn the page to complete your partner profile

My Partner Profile
(1)
(2)
(3)
(4)
(5)
(6) Enjoys some of the following activities
(a)
(b)
(c)
(d)
(e)

EXERCISE 2: Identifying Strategic Locations

Question 1.

Where would I meet women who are? (Insert Partner Profile Item 1)

Answer 1.

(a) _____

(b) _____

(c) _____

(d) _____

Question 2.

Where would I meet women who are? (Insert Partner Profile Item 2)

Answer 2.

(a) _____

(b) _____

(c) _____

(d) _____

Question 3.

Where would I meet women who are? (Insert Partner Profile Item 3)

Answer 3.

(a) _____

(b) _____

(c) _____

(d) _____

Question 4.

Where would I meet women who are? (Insert Partner Profile Item 4)

Answer 4.

- (a) _____
- (b) _____
- (c) _____
- (d) _____

Question 5.

Where would I meet women who are? (Insert Partner Profile Item 5)

Answer 5.

- (a) _____
- (b) _____
- (c) _____
- (d) _____

Question 6a.

Where would I meet women who enjoy? (Insert Partner Profile Item 6a)

Answer 6a.

- (a) _____
- (b) _____
- (c) _____
- (d) _____

Question 6b.

Where would I meet women who enjoy? (Insert Partner Profile Item 6b)

Answer 6b.

(a) _____

(b) _____

(c) _____

(d) _____

Question 6c.

Where would I meet women who enjoy? (Insert Partner Profile Item 6c)

Answer 6c.

(a) _____

(b) _____

(c) _____

(d) _____

Question 6d.

Where would I meet women who enjoy? (Insert Partner Profile Item 6d)

Answer 6d.

(a) _____

(b) _____

(c) _____

(d) _____

Question 6e.

Where would I meet women who enjoy? (Insert Partner Profile Item 6e)

Answer 6e.

(a) _____

(b) _____

(c) _____

(d) _____

Take your answers and fill in the table over the page.

My Strategic Locations
(1)
(2)
(3)
(4)
(5)
(6)
(7)
(8)
(9)
(10)

EXERCISE 3: Developing Image Profiles

Image Profile #1

Profile Description:

Image Profile #2

Profile Description

Image Profile #3

Profile Description

Image Profile #4

Profile Description

Image Profile #5

Profile Description

Examples of Profile #1

(Paste pictures that illustrate examples of profile #1 here.)

Examples of Profile #2

(Paste pictures that illustrate examples of profile #2 here.)

Examples of Profile #3

(Paste pictures that illustrate examples of profile #3 here.)

Examples of Profile #4

(Paste pictures that illustrate examples of profile #4 here.)

Examples of Profile #5

(Paste pictures that illustrate examples of profile #5 here.)

Long-Term Shopping List - Profile #1**Items Required**

Item	Cost	Purchased [tick]
(1)	\$	[]
(2)	\$	[]
(3)	\$	[]
(4)	\$	[]
(5)	\$	[]
(6)	\$	[]
(7)	\$	[]
(8)	\$	[]
(9)	\$	[]
(10)	\$	[]

Accessories Required

Item	Cost	Purchased [tick]
(1)	\$	[]
(2)	\$	[]
(3)	\$	[]
(4)	\$	[]
(5)	\$	[]

Long-Term Shopping List - Profile #2**Items Required**

Item	Cost	Purchased [tick]
(1)	\$	[]
(2)	\$	[]
(3)	\$	[]
(4)	\$	[]
(5)	\$	[]
(6)	\$	[]
(7)	\$	[]
(8)	\$	[]
(9)	\$	[]
(10)	\$	[]

Accessories Required

Item	Cost	Purchased [tick]
(1)	\$	[]
(2)	\$	[]
(3)	\$	[]
(4)	\$	[]
(5)	\$	[]

Long-Term Shopping List - Profile #3**Items Required**

Item	Cost	Purchased [tick]
(1)	\$	[]
(2)	\$	[]
(3)	\$	[]
(4)	\$	[]
(5)	\$	[]
(6)	\$	[]
(7)	\$	[]
(8)	\$	[]
(9)	\$	[]
(10)	\$	[]

Accessories Required

Item	Cost	Purchased [tick]
(1)	\$	[]
(2)	\$	[]
(3)	\$	[]
(4)	\$	[]
(5)	\$	[]

Long-Term Shopping List - Profile #4**Items Required**

Item	Cost	Purchased [tick]
(1)	\$	[]
(2)	\$	[]
(3)	\$	[]
(4)	\$	[]
(5)	\$	[]
(6)	\$	[]
(7)	\$	[]
(8)	\$	[]
(9)	\$	[]
(10)	\$	[]

Accessories Required

Item	Cost	Purchased [tick]
(1)	\$	[]
(2)	\$	[]
(3)	\$	[]
(4)	\$	[]
(5)	\$	[]

Long-Term Shopping List - Profile #5**Items Required**

Item	Cost	Purchased [tick]
(1)	\$	[]
(2)	\$	[]
(3)	\$	[]
(4)	\$	[]
(5)	\$	[]
(6)	\$	[]
(7)	\$	[]
(8)	\$	[]
(9)	\$	[]
(10)	\$	[]

Accessories Required

Item	Cost	Purchased [tick]
(1)	\$	[]
(2)	\$	[]
(3)	\$	[]
(4)	\$	[]
(5)	\$	[]

EXERCISE 4: Self Confidence Program**WEEK ONE: Eye Contact and Smile**

Day	Target Number Of Smiles	Actual Number Of Smiles
Monday	1	
Tuesday	2	
Wednesday	3	
Thursday	4	
Friday	5	

WEEK TWO: Introductions to Same Sex

Day	Target Nbr of Introductions	Actual Nbr of Introductions
Monday	1	
Tuesday	2	
Wednesday	3	
Thursday	4	
Friday	5	

WEEK THREE: Introductions to Opposite Sex

Day	Target Nbr of Introductions	Actual Nbr of Introductions
Monday	1	
Tuesday	2	
Wednesday	3	
Thursday	4	
Friday	5	

EXERCISE 5: Questions For Starting Conversations

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(6) _____

(7) _____

(8) _____

(9) _____

(10) _____

EXERCISE 6: Reconnaissance Mission – Dating Locations

Location #1:
Address:
Phone Number:
Description:
Suitable for:
Opening Hours:
Parking:
Price Range: \$ to \$

Location #2:
Address:
Phone Number:
Description:
Suitable for:
Opening Hours:
Parking:
Price Range: \$ to \$

Location #3:
Address:
Phone Number:
Description:
Suitable for:
Opening Hours:
Parking:
Price Range: \$ to \$

Location #4:
Address:
Phone Number:
Description:
Suitable for:
Opening Hours:
Parking:
Price Range: \$ to \$

Location #5:
Address:
Phone Number:
Description:
Suitable for:
Opening Hours:
Parking:
Price Range: \$ to \$

Location #6:
Address:
Phone Number:
Description:
Suitable for:
Opening Hours:
Parking:
Price Range: \$ to \$

EXERCISE 7: ITR Dating System – Phase 1***Before the date*****Proposed first date scenario:**

First Date Checklist (tick)

- (1) Date is very casual
- (2) Date causes minimal disruption
- (3) Date is short

Reason for ending date after approximately 45 mins

After the date

The aim of the first date is to be able to fill in the following table

Interests that my date and I have in common
(1)
(2)
(3)

EXERCISE 8: ITR Dating System – Phase 2

Based on our mutual interests, the following dates will meet the criteria of successful Phase T dates:

Transition Date #1

(1) Time and place to talk and get to know each other

(2) Shared activity that we both enjoy

Transition Date #2

(1) Time and place to talk and get to know each other

(2) Shared activity that we both enjoy

Transition Date #3

(1) Time and place to talk and get to know each other

(2) Shared activity that we both enjoy

EXERCISE 9: ITR Dating System – Phase 3

Romantic Date Plan Of Action

(1) Location

(2) Element of Surprise

Romantic Date Checklist (tick)

- (1) Romantic Music
- (2) Romantic Lighting
- (3) Wine
- (4) Food