

# Before You Write Your Dating Profile

## A One-Page Clarity Worksheet

### **Purpose:**

This worksheet helps you communicate who you are and what you're looking for with clarity, confidence, and authenticity—so the *right* people recognize themselves in your profile.

Take your time. Answer honestly. There are no “right” answers—only aligned ones.

## 1. Intent First (No Editing, Just Truth)

### **What am I genuinely looking for right now?**

- Long-term relationship
- Something casual
- Open to connection, seeing where it goes
- Unsure—but open and honest about that

In one sentence, describe your intention in plain language:

## 2. Your Real-Life Energy

### **If someone met me for coffee, how would my presence feel?**

(Circle up to three)

Warm • Curious • Playful • Calm • Direct • Thoughtful • Adventurous • Grounded • Expressive

What does this say about how I should sound in my profile?

### 3. How Others Experience You

**What do people consistently say about me?**

(Think friends, colleagues, family)

Is that visible in how I currently describe myself?

Yes  No  Not sure yet

### 4. Conversation Fuel

**What do I genuinely enjoy talking about for more than five minutes?**

(Be specific—topics, interests, ideas, experiences)

Would someone reading my profile know this about me?

Yes  No

### 5. Values Over Preferences

**What values quietly guide my decisions?**

(Check the ones that truly apply)

Growth  Family  Independence  Stability  Creativity  
 Adventure  Kindness  Curiosity  Integrity  Connection

Which value matters most to me *right now*?

### 6. The Feeling Test

**After reading my profile, I want the right person to feel:**

(Circle up to three)

At ease • Curious • Energized • Seen • Calm • Intrigued • Comfortable • Inspired

Does my current tone support that feeling?

Yes  No  Needs work

## 7. Invitation vs. Defense

**Am I writing to invite the right person—or to protect myself from the wrong one?**

What am I afraid of being misunderstood about?

How could I express that same truth with openness instead of defensiveness?

## 8. Specificity Check

**What am I willing to be specific about—even if it narrows the audience?**

What does that specificity say about my confidence?

## 9. The First Message Test

**If this profile worked perfectly, what kind of first message would I receive?**

Tone (curious, playful, thoughtful, direct):

Does my profile naturally invite that kind of message?

Yes  Not yet

## 10. Final Gut Check

**Does this sound like how I'd speak if I felt relaxed, confident, and grounded?**

Yes

No—something feels performative or guarded

If not, what needs to change?

## Bottom Line

A strong dating profile doesn't try to impress everyone.

It **reduces ambiguity, signals intention, and invites the right kind of connection.**

Once this worksheet is complete, writing your profile becomes translation, not invention.