

BE YOUR MOST ATTRACTIVE: A FEW DATING TIPS

1. **Arrive to your date neat, clean and manicured.** If you don't care about how you look on a first date, your date will assume you're clueless, blasé or twice as sloppy after you “get comfortable.” So take care with your attire. For more information read “Single Style Tips” [link to “Single Style Tips” article] or consult an image consultant.
2. **The most attractive thing you can do on a date is to relate the positive things happening in your life.** No Whining !
3. **Meet face-to-face rather than talk online.** It's the best way to develop your relationship skills. Researchers at the University of Central Florida found that people who rely on “technology-mediated communication” (your computer, the Internet, text messaging, etc.) had lower scores on love and intimacy than people who brave face-to-face dating. (“Intimacy Issue”, *Allure*, December 2007, pp. 137)
4. **Learn the keys to small talk ease.** Nothing is more painful than those deadly silences on a first date. There are simple conversational tools that will allow you have more fun and less stress during dates. [link to Melissa's small talk e-book: Small Talk for Socializing & Dating]
5. **Know your values.** Write them down. The clearer you are on what you value in life the easier it will be for you to find a good match in a mate. Be honest with yourself and your dates about how you approach life. Values might include things such as:
 - family time
 - financial responsibility
 - honesty
 - a sense of humor
 - love of travel
 - dedication to philanthropy
 - advanced education
 - living green
 - passion for pets
 - physical beauty
 - spiritual practice
 - personal growth
 - creativity