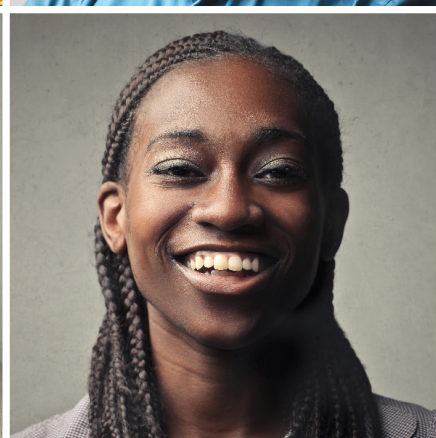


ULTIMATE DATING PROFILE

blueprint



6 STEPS TO A PROFILE THAT
INVITES THE RIGHT PEOPLE



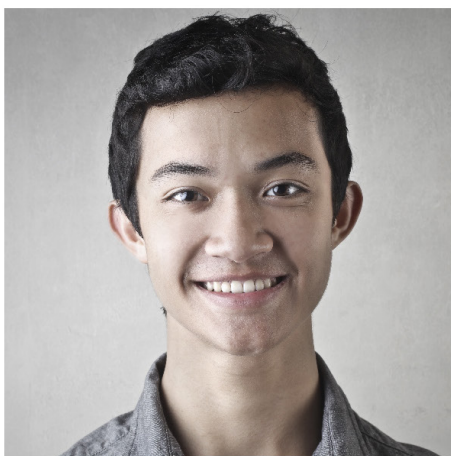
MEET to
MARRY
Be the ONE to Find the ONE



AN INVITATION TO JUST THE RIGHT PEOPLE

“ A great online dating profile conveys the essence of who you are and what really matters to you. You can invite just the right person into your life with a vivid, compelling, and totally authentic description of yourself. ”

- Bari Syman





Welcome to the Meet to Marry Inspired Dating Series Dating Profile Blueprint

The dating scene has significantly changed over the years. There was once a time, not so long ago, that online dating was uncharted territory, but it was new and exciting and everyone was curious to see what it was all about.

There is no denying dating sites and mobile apps have become a major part of single life and they're not going away anytime soon.

Online dating, just like most technology today, tends to speed things along. With billions of singles around the world investing their time and money into the online industry, it has become a mainstream solution.

Unfortunately, with all of these choices and elements, this can be quite intimidating! Trust me, I've been there. When I started looking into online dating, I learned there are quite a few, let's call them "myths", shall we.

I have actually gathered what I learned and included it within this blueprint, to educate and inspire you--providing a step-by-step principled approach that propels you to the love you want and deserve.

Online Dating Profile "Myths"

I was foolish to think that everyone would be as honest as I was when creating their profiles, or having a casual conversation online. Boy was I wrong!

I have also learned:

- men (and women) that wrote in their profile "looking for a serious relationship", might not be!
- profile pictures more times than not are old, more flattering pictures or may not even be the person at all!
- "divorced" could mean, unhappy, separated or even still married!

In some ways, online dating can be used as an alternative for those who feel uncomfortable or fearful about talking to new people that don't know, or perhaps do know and have an attraction to.

Some of the fascination with online dating is it can be much less intimidating to communicate with a date online, or via text, because you don't have vulnerability of looking that person in the eye and putting your heart on the line.

While online communication can make those tough conversations feel more pleasant, at some point, you're going to have to talk to your date in person.

Those that choose to show up online or use these dating apps, aren't there by accident.



They, like yourself, have come with a purpose:

- **Hookup** - sexual encounter
- **Social Interaction** - want someone to hang out and do things with
- **Relationship Minded** - looking for a life partner

Regardless of the purpose, there are two common traits here:

- They are looking for companionship - they don't want to be alone.
- They are looking for the fast track - they don't want to waste time.

Dating sites and apps have proven remarkably effective at pairing up like-minded people, if you understand how to navigate them.

The first step is creating an authentic online dating profile.

You're going to be surprised by how easily your profile is going to come together following each step, along with the supplemental worksheets that have been based on the principled Meet to Marry Method™ (as taught in the Meet To Marry Program).

Your commitment and the amount of time you invest into completing the various exercises and worksheets will have a direct effect on the profile you create. I'm going to guide you step-by-step through the process of creating your dating profile.

Plus, I'm going to analyze a client's profile to help you understand why it is so effective and then share full examples of other great online dating profiles that my clients have created to help get your creative juices pumping.

In this experiential program you'll start from the beginning and end up with an dating profile you can use online, offline, to get introductions and it will help you to express clearly what you want and need in a relationship.

If you can be honest, true to yourself - the essence of who you are and what you are wanting from a relationship, you will be thrilled with the results! Not to mention, they will prove to be highly successful in inviting the right people into your life!

Let's Get Started!

Why Do You Need a Dating Profile Blueprint?

A dating profile is one of the most important documents you're ever going to write. Truly. It's an expression of who you are and what you're looking for in a future partner.

It includes all the most important elements of the life you envision and the specifics about the kind of person you'd like to share it with.

Sadly so many profiles miss the mark. After reading thousands of profiles over the years and helping countless singles go from mediocre profiles that attracted Mr or Ms wrong - to ones that were laser focused, powerful, principled and effective a new process was born.

What wrong with most profiles?

Often they are either superficial, poetic, short, misleading, lists, snoozy, boring, romantic, sarcastic and so often aimless. I'm sure you've read the ones that start out saying "I'm not sure why I'm here on a dating site and not sure what to say so here goes. . ." to the ones that list all of their favorite books, what they learned from past relationships and the same old "cliche" things they think people want to hear to get "better results". Then they tirelessly fix, try, tweak and ask everyone under the sun what they need to do to attract a "better quality person."

Often what's included are things that are just not important or related to what a person reading needs to know to get to know you. When a profile doesn't contain the most important elements, they not only attract the wrong ones, the wrong profile repels the right ones and you're stuck in a paradigm that I call dreaded "mystery dates."

Mystery dating is when we're meeting the wrong ones--those who miss the mark and cause singles to waste a lot of time screening and wondering--"why can't i meet the right ones?"

Then you question, second-guess, think you need to move to place with a "better quality of people" or that maybe "it's just not in cards" that G-d doesn't want it for you in this lifetime--it's not for everyone" and then you resort to focusing on work and not engaging in dating since doing so is very painful.

A focus on "what you like" and "interests" versus sharing "who you are."

Another big mistake about dating profiles is people share common interests. They list things like going to the movies, shopping at the mall, reading, moon-lit dinners, walking and trying new restaurants as interests.

Others list hobbies like running, sailing, bowling, gardening or other sports.

The mistake here is that these are things that 90% of the population also enjoys. When you meet your ideal match, day to day life has very little to do with "interests" -- rather it's about partnership, meeting each others emotional needs, building a life and sharing a world-view.

When I met Michael, my husband, I enjoyed personal growth seminars, kabbalah lectures and volunteering with animals. My husband enjoyed sailboat racing, being social to expand his business and architecture and design.

While our interests, were different, our world view, vision for the future, our connection to each other and ability and desire to meet each other's emotional needs were in alignment.



So over the years, we've gone sailing and we attend the occasional personal growth seminar, interests are less important. If he looked for sailor-girl and I looked for an personal growth oriented person, we likely would have missed each other. **What's most important is finding a person who shares your vision, values and goals and more.**

An amazing profile changes everything

An excellent profile is like a butler who invites the right people into your home and turns away the wrong people. An effective profile in the same manner, is also an invitation to the right ones to get to recognize and see themselves in your and in your life. It's the first major step to meaningful conversations.

It's the first and most critical step to meeting the right people.

An amazing profile that follows the **Dating Profile Blueprint** is not only an invitation to the right singles, it's also a powerful way to elicit wonderful introductions from people who love and care about you and want to help. This type of profile is so powerful that even a stranger can understand YOU and is able to make match suggestions. Isn't that amazing?

So often, well-meaning people send matches--often including professional matchmakers that just don't make sense. You're left wondering, "how could someone have sent me this match? It seems like they don't know anything about me."

Often matches are superficial . . . like highly educated people being introduced to other highly educated people, red-heads being introduced to other red-heads, short people to other short people or "hey she's Jewish" or "he's Christian" let's match them up. It can often feel like you're meeting another person with a pulse and we're left wondering "why is this happening?"

It happens because the people who want to help often don't really "know" us. And often we don't know ourselves because we have blockages and biases from our childhoods or what we learned or didn't learn about love from our parents. And when we have blocks to love, it's like being plugged in to the wrong frequency. Mostly, we have no idea what's most important share in a profile.

A dating paradigm shift

What's most important to share in a profile isn't what you might think. It isn't about the qualities you're looking for in a partner or what that person likes or does.

How often have you heard people say, I'm looking for someone who is smart, successful, tall and likes the outdoors. Or some version, of he he/she needs to be a good person and share my religion. They ask "Is that too much to ask for?"

My answer often surprises people. "No, it's not too much to ask for, you 're not asking for enough of the right things."

That approach leads to dates that aren't on the same page. Instead of taking the "list" approach, a better way to go is to learn and understand the elements that go into a healthy, conscious lifetime partnership and what you need to discover within yourself.

The steps to creating a profile of this caliber involve an exciting journey of self discovery.

In this new paradigm, the focus is no longer on the what you're looking for in a partner, you focus on a new and empowered sense of yourself, your top five personality traits--your essence, your core and most important emotional needs, your core values, your goals and what it takes to actually create a partnership that will stand the test of time.

How we do it is super powerful. Instead of making boring lists of what your perfect match must be like and looking for "red flags" the focus is on a strong foundation.

So many profiles are so boring, snoozy and hard to understand because they are made up of lists. No one fits a list--it's so subjective. Instead a Meet to Marry profile expresses what you want to convey, not in an "entertaining" or "poetic" way, but rather an authentic description of how you express the most important aspects--the essence of you. The tendency is to create a list and we have a much more clear and authentic way and we avoid lists....we call this **SHOW, DON'T TELL** and you'll learn more about this later.

What it takes to be in a relationship for a lifetime

The statistics related to marriage in our society can be scary. A 50% divorce rate, people marrying later, fewer people getting married and more focusing on career. Lack of examples of healthy relationships leaves people confused and fearful, societal focus on superficial, rules-based dating and others focusing on visualization, law of attraction, journaling, etc. Others try to figure it out by analyzing their issues in therapy without a clear path to love. One therapist's advice to a her five year client was to just get out there and go on a 100 dates. The problem was -- she'd been dating for more than 15 years and still had no clue about how analyzing her past and understand her childhood dynamics would teach her how to change it.

This is the question that is answered at Meet to Marry--bridging the gap about how to date in a principled way -- practical education about creating healthy, conscious relationship.

A practical, step by step guide.

So many of us grew up in homes where healthy love wasn't modeled and others grew up in homes where it perhaps was modeled but that leave the forever unanswered question "how can i replicate that?" with fear of not wanting to make a mistake leaves both group of singles feel stuck single, and stuck in patterns when it comes to love.

TIPS



For best results review entire blueprint (including the sample client profiles) before starting to craft your profile.



So many of us grew up in homes where healthy love wasn't modeled and others grew up in homes where it perhaps was modeled but that leave the forever unanswered question "how can i replicate that?" with fear of not wanting to make a mistake leaves both group of singles feel stuck single, and stuck in patterns when it comes to love.

You don't need to be stuck in a paradigm of the past.

You can transcend. Being ready for a healthy relationship is a Meet to Marry Method(™) foundation. The elements of marriage readiness embody the idea that to find the One you need to be the One.

You need to be **"be the one to find the one."**

Being the one - involves a mind-set shift and the willingness to leave the confines of conventional thinking behind.

Creating your new and dating profile is your first big step.

I hope you enjoy the process and know that we at Meet to Marry are cheering you on!



In this experiential program you'll start from the beginning and end up with an dating profile you can use online, offline, to get introductions and it will help you to express clearly what you want and need in a relationship.

The Dating Profile Blueprint is comprised of six sections, within each section you will be presented with a **Discovery Step** followed by a corresponding **Action Item**.

In this course, you'll do some exercises and writing and walk away with a profile that will radically change your dating experience.

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- Section 1 - Share Who You Are
- Section 2 - What You Are Looking For In a Spouse
- Section 3 - Who You Are And What You Value
- Section 4 - What Is Your Current Situation
- Section 5 - Your Vision and Future Goals -
- Section 6 - How To End Your Profile
- Section 7 - How To Select Profile Images
- Conclusion -- Next Steps



SAMPLE



Amber's Online Dating Profile Helped her Meet and Marry her Perfect Match in JUST 6 MONTHS - let's take a look at her profile...

01

Share who you are and how you express it. Describe your personality traits. . . your essence and how you express your personality in a creative, vivid and engaging way.

Imagine a warm, loving, creative, curious and adventurous woman. That's me! I'm a connector who loves bringing people together and I do that in many ways including having great parties (since having parties is a dying art). My friends know that my parties are always fun, inspired with a lot of sharing of ideas. If you want to make a connection even from across the world, I'll know how to make it happen. I love sharing progressive ideas through art and music. I took my son to Berlin last Spring where we visited friends and explored the vast collection of museums and history together.



02

Describe specifically what you are looking for in a spouse

I'm looking for an amazing, spiritual, marriage-minded guy who thrives on being deeply connected to his partner. I'm attracted to man who is warm, affectionate, passionate about life and what he's up to and would be excited to merge our families.



03

Offer more details about who you are and what you value most

Spiritually I am a blend of many things. I was raised Buddhist, attended Quaker school and summer camps, was raised with Jewish values and have a lot of Jewish friends. I'm comfortable attending Jewish service and also going to a progressive Episcopal church. My ideal partner could be many things, but one thing for sure, he's open and spiritual in his own way—a spiritual person, not necessarily religious.



Successful Meet To Marry Client Profile

This profile is meant to be used as a reference as you complete each section of the blueprint.

Notice how she reveals her loving nature and warmth while also painting a vivid picture with her words. She clearly demonstrates how she expresses her creativity and warmth in a real way that helps us to understand her.

Amber is totally upfront about what she is looking for in terms of her future spouse is about including that he is marriage-minded and spiritual. This kind of specificity can save you from wasting time with people who aren't in line what you really want and need.

Here she does a great job providing more vivid details about her spirituality and what that looks like in her life so her ideal match can recognize himself.



SAMPLE

04 SAMPLE

Provide Insight into your current situation

I was raised in Philadelphia, lived in NYC for 7 years and currently live in LA and call it home (at least until my son is 18 years old). Professionally, I'm a psychotherapist and a Director of a large outpatient treatment program in South LA. I just love being around my staff and having to be very creative, nimble and compassionate. There's always a problem to solve.

I love being a mom to my 13 year old son and would welcome and enjoy being a step-mom too! I am committed to being in Los Angeles until my son is 18 and then I am open to live wherever the next step takes us.

Note how Amber continues add depth to her character by describing her situation, where she was raised, where she lived, her status as a mom and professionally. Really helps you to understand her world-view and you really start to get a feel for what kind of person she is.

05

Share more about who you are, what lights you up and some of your big goals in life

I'm an adventurer and love social justice. I was in the Peace Corps after college and later lived in Thailand for 3 years where I completely assimilated. I speak Thai and become an interpreter and taught English for two years in a rural village. Something I'll never forget. My students went on to leave the village and have professions. I love making a difference and excited to continue on that path with my perfect match.

Instead of a dull list expressing her core value of adventure and giving and wants a partner who's also up for explorations.

06

Encourage Conversation - End your profile by encouraging conversation with people who sense you might be a match

Life is pretty great and the only thing missing is my perfect match to share it with. Maybe you? If yes, send me a note and let's connect.

Note how she ends on an upbeat note and invites conversation.



Section 1 *clarify and articulate*

YOUR ESSENCE

Your Essence or True Nature is “who you are without trying.” For example, sometimes we see ourselves as hard-working, practical or responsible, but that is a learned behavior, not the core of who we are.

As you look at the list below as a starting-point, think about who you really are. You're not your career (we will discuss this later). You're not your interests. Think of what you were like as a child, before the responsibilities of life kicked in.

For this exercise, we're looking deeper at “who we are” and how we express our true nature in the world as that is the part of us that will connect with our soulmate. Many times we just have a basic sense of ourselves, but I've found many singles don't have a clear and fully developed sense of their essence and instead are focused on ways that compensate.

You need this clarity and the ability to articulate your essence in order to attract your perfect match.

01 Circle the expression of Your Essence that most resonates with you as your true nature and sense of self: the personality traits that most resonate with your sense of yourself.

Adaptable	Curious	Grateful	Joyful	Sensitive
Adventurous	Daring	Helpful	Kind	Serious
Brave	Dedicated	Honest	Laid-back	Sensual
Calm	Disciplined	Humble	Loyal	Shy
Caring	Dynamic	Idealistic	Nurturing	Sociable
Compassionate	Empathetic	Independent	Open	Spiritual
Confident	Expressive	Industrious	Optimistic	Sweet
Considerate	Exuberant	Innovative	Outgoing	Sympathetic
Contemplative	Fun Loving	Intellectual	Passionate	Warm
Courageous	Funny	Imaginative	Playful	Witty
Creative	Generous	Intuitive	Resourceful	Worldly



02 Narrow the list down until you get to the 5 traits that get to the core essence of who you really are. List them below.

01	<input type="text"/>	02	<input type="text"/>
03	<input type="text"/>	04	<input type="text"/>
05		<input type="text"/>	

03 Describe as vividly as you can, how each one of these **“expressions of your essence”**, manifests itself in your day-to-day life.

When creating an amazing profile, we avoid “lists” and instead we “show, don’t tell.” Lists are boring and hard to understand clearly. If you chose Generous, Being “Generous” can be subjective, it can mean different things to different people.

So to be super clear, you might share that “Every Sunday, I volunteer at the humane society matching dogs with new families, and I love to help organize charity events for foster kids.” By making it clear and real, others can get a real sense of you and who you are.

Do you express your generosity by volunteering at a soup kitchen, or give charity to the needy? Express in detail what this looks like. When creating an amazing profile we want our perfect match to really see how we live and who we are so they can actually see themselves in our lives.

01	<input type="text"/>
02	<input type="text"/>
03	<input type="text"/>
04	<input type="text"/>
05	<input type="text"/>



A young woman with dark, wavy hair is sitting on a bed, smiling as she looks at a laptop. She is wearing a white, patterned sweater and grey patterned pants. She is holding a white mug in her right hand. The background is a bright, out-of-focus room with white curtains and a white chair.

**SHARE WHO
YOU ARE AND
HOW YOU
EXPRESS IT.**



Action Item 1

Share who you are and how you express it. Describe your personality traits... your essence and how you express your personality in a creative, vivid and engaging way.

[illegible]

EXAMPLE

Imagine a warm, loving, happy curious and adventurous woman.

That's me! I'm a connector who loves bringing people together and I do that in many ways including having great parties (since having parties is a dying art). My friends know that my parties are always fun, inspired with a lot of sharing of ideas.

If you want to make a connection even from across the world, I'll know how to make it happen. I love sharing progressive ideas through art and music. I took my son to Berlin last Spring where we visited friends and explored the vast collection of museums and history together.



Section 2

WHAT YOU ARE LOOKING FOR

Next, we're going to prepare to express and crystallize exactly what you're Looking for in your Ideal Spouse.

Great marriages are partnerships made of people who really like each other--share a world-view, who want the same things and can see the finish line (i.e., see and build a life together), who become best friends and even stronger as a couple from sharing life's experiences. Great marriages are also made up of people who are growth-oriented and know that a successful relationship requires stretching, empathy and growing together.

This is a paradigm shift from what I call Mystery Dating. It's not a casual relationship with no outcome where you're wishing, hoping or guessing that the person wants what you want and you wait and see. Instead, Meet to Marry daters feel clear and empowered, sharing their vision with the people they date. Dating then becomes more about "how do we see each other as partners" versus "let's see how it goes." Trust me, this approach saves a lot of time.

What is your vision and what does your life look like:

Set aside at least 30 minutes to concentrate on creating your Marriage Vision.

Challenge yourself to be as specific and descriptive as possible. You want your answers to the following questions to be really vivid. Don't worry about trying to write perfect sentences. Focus on getting to the core essence of how you want to be feeling and what you want to be experiencing with your partner.

Your ideal spouse is the person you share your life with.

Imagine you've already found your ideal match and you're fully committed to each other. You're married.

- What does it feel like to be with a person who sees you as you are, who is fully committed to you, Someone who wants what you want and prioritizes you, your relationship and your goals together as most important?
- How do you feel being with him/her?
- What does your life look like?
- How are you spending time together on a daily basis?
- What do your weekends look like?
- How are you communicating with each other?
- How do you feel when you share your feelings with your partner? How do you feel and when your partner shares with you?
- What are you building in your lives now and in the next year, 3-5 years from now, 10 years now and beyond?
- What are your life goals as an individual?
- What are your goals with your beloved?
- What are you going to do together for fun and to bring each other joy every day, every week, every month, every year?

Next Describe specifically what you are looking for in a spouse using the exercise below:

When looking for your ideal match, the focus is on finding someone who is right for you now, who shares a similar worldview, who is aligned with you regarding values and goals and can step into your life with ease without changing. This doesn't mean your twins.

Note that your ideal match will bring things to your life that you find inspiring and expansive and you'll lean in to each other. This is your opportunity to express what is most important to you. Use the exercise below to crystalize it for yourself.



Next, look at the items that are MOST IMPORTANT to you in the previous exercise....

I'm looking for a [fill in religion/spirituality],

i.e.,Jewish, Christian, Buddhist, Protestant, Spritual

[fill in your goal for the type of relationship you're looking for]

Marriage-minded

Relationship-minded

[Fill in the gender of the person you're looking for]

[man/woman]

who is [fill in a few words like the below]

Excited about

Ready for

Dreaming about

Wanting to create

a life of [Fill in your vision for a relationship in a way that is clear and inspires you based on your Core Values]

Connection

Partnership

Family

Blended family

Adventure

I'm attracted to a [Man/woman] who is [fill in 3 Character Traits of your ideal spouse that will make you feel like you are with the right person].



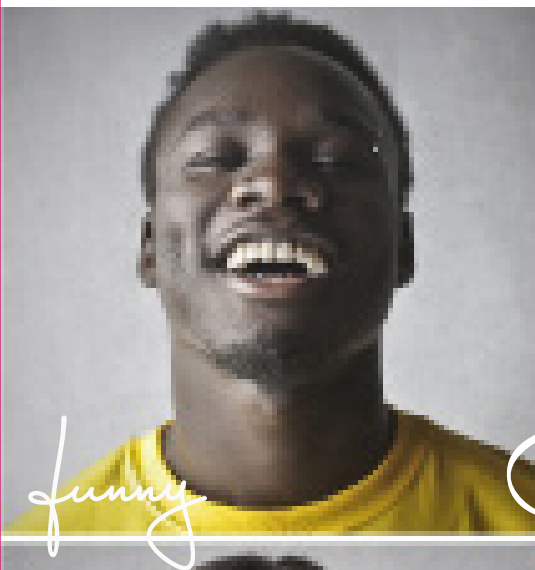
Action Item 2

[illegible]

I love being a mom to my 13 year old son and would welcome and enjoy being a step-mom too!



DESCRIBE SPECIFICALLY WHAT YOU ARE LOOKING FOR IN A SPOUSE



Section 3

YOUR CORE VALUES

Getting clear about your core values and learning how to effectively communicate them is going to help you make a huge leap forward in finding your right match.



Values are an integral part of every culture.

Along with worldview and personality, they generate behavior. Values color the most important choices you make in life. When you are living your values, you are being true to yourself. Values are deeply rooted from childhood onward.

People who share similar values begin with a common frame of reference that can provide a foundation for understanding. Marriage is about creating harmony and interdependence as well as long-term love and partnership. So sharing values and principles creates a harmonic atmosphere and the foundation for a strong marriage.

We get married to share our life with another person, so when dating for marriage and choosing a spouse, it's important to be clear about your values and to find a spouse who shares the ones that are most important to you.

A friend describes this well. He says he likes spicy food and his wife prefers bland; he says he's a morning person and she's a night person. But on the things that matter most--like where to live, how to raise their children, and the way they want to manage finances--they share similar values. They are the greatest of partners and have been married for over 20 years.

Let's consider what happens when couples do not share their most important values. A person who wants children and highly values saving for the future would not be well matched with someone who doesn't want kids and prefers to live in the moment. Why? These core differences could generate a great deal of conflict and the need for too great a degree of compromise.



01

Look at the following breakdown of values:

GENERAL CATEGORY OF VALUES

Family	Nature
Financial/Economic	Pets
Spiritual/Religious	Beauty and surroundings
Political	Living environment
Educational	Travel
Making a positive difference in the world	Work/Life Balance
Charity/Giving back	Personal growth and development
Environment	



VALUES ALSO INCLUDE IDEALS & CHARACTER TRAITS

Accountable	Generous	Friendly
Ambitious	Sensitive	Courageous
Honest	Flexible	Polite
Helpful	Self-Aware	Forgiving
Humorous	Happy	Clean
Humble	Intellectual	Imaginative
Warm/Kind	Independent	
Responsible	Loving	

02 Examine this sample worksheet to get an idea for how to approach your own evaluation.

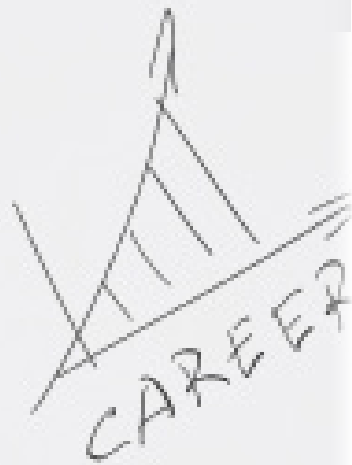
Category	Level of Importance	What ideals, character traits, and behaviors do you value in yourself and others?
Family	Very Important	I want a big family and to live near my sisters.
Politics	Not Important	
Spirituality/ Religion	Very Important	I go to church every week and attend Bible classes. I was raised with a strong faith and want to meet someone who also values religion.
Pets	Important	I have 2 dogs and value their loyalty and the sense of playfulness they bring to my life. I'd like to marry someone who also values pets.
Travel	Not Important	I'm not a huge fan of travel, but going away once in a while is okay with me.

03 Complete the form for each one of the values in the general category as well as for the ideals and character traits that matter most for you.

Category	Level of Importance	What ideals, character traits, and behaviors do you value in yourself and others?
Family		
Financial/ Economic		
Spiritual/ Religious		
Political		
Educational		
Making a positive difference in the world		
Charity/Giving Back		

Category	Level of Importance	What ideals, character traits, and behaviors do you value in yourself and others?
Environment		
Nature		
Pets		
Beauty and Surroundings		
Travel		
Living Environment		
Work/Life Balance		
Personal growth and development		

OFFER MORE DETAILS ABOUT WHO YOU ARE AND WHAT YOU VALUE MOST





 Action Item 3

Offer more details about who you are and what you value most

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

EXAMPLE



Spiritually I am a blend of many things. I was raised Buddhist, attended Quaker school and summer camps, was raised with Jewish values and have a lot of Jewish friends. I'm comfortable attending Jewish service and also going to a progressive Episcopal church.

My ideal partner could be many things, but one thing for sure, he's open and spiritual in his own way—a spiritual person, not necessarily religious.



Section 4

**PROVIDE
INSIGHT
INTO YOUR
CURRENT
SITUATION**



Provide Insight into your current situation

- 1-Where you were raised and where you live now
- 2-Your family situation
- 3-Where you'd like to live important information about relocation
- 4-Your career situation

This image shows a single sheet of white paper with horizontal blue lines, similar to standard notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

EXAMPLE

I'm an adventurer and love social justice. I was in the Peace Corps after college and later lived in Thailand for 3 years where I completely assimilated. I speak Thai and become an interpreter and taught English for two years in a rural village. Something I'll never forget. My students went on to leave the village and have professions. I love making a difference and excited to continue on that path with my perfect match.



Section 5 clarify and articulate

YOUR CORE GOALS

Getting clear about your core goals and learning how to effectively communicate them is also going to help you make a huge leap forward in finding your right match. Right now, I want you to write out fully developed responses to the following questions about your goals.

Remember to be as specific and vivid as possible when answering these

01 What did you notice about the question? How did it make you feel to hear it being asked

02 What kind of family life do you envision (small, large, or blended)?

03 What is your perspective on shared family time?

04 Where would you really like to be living?



05 What kind of setting do you prefer (the suburbs, city, beach, or someplace else)?

06 What is your vision of work/life balance?

07 Describe your ideal spiritual/religious life.

08 What are your travel goals?

09 What are your educational goals?



10 What are your personal development goals?

11 What are your other life goals?

12 What role is your spouse going to play in your life?

13 Are you and your spouse going to pursue your interests and passions together? If so, do you envision that you'll be doing this most of the time or just sometimes? Or will you have more separate interests?

14 What are two interests or passions of yours you want your spouse to share?



15 What is your perspective on how money should be handled? Do you feel it's important to be conservative with spending and save as much as possible? Or do you like to be able to

16 How will you and your spouse handle finances (jointly, separately, etc.)?

Your Core Goals





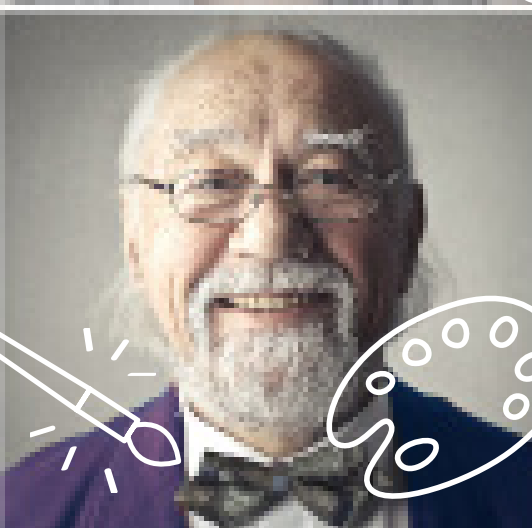
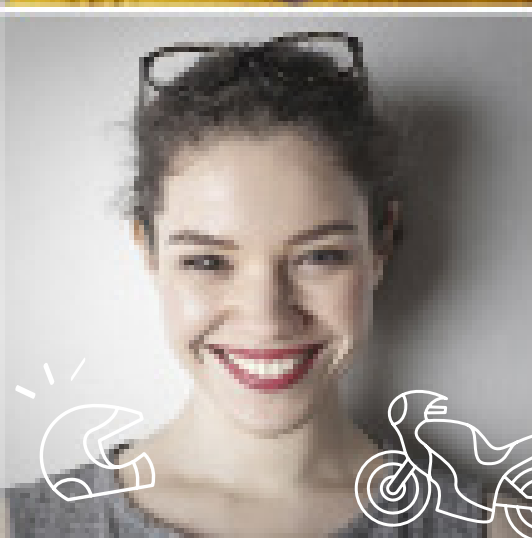
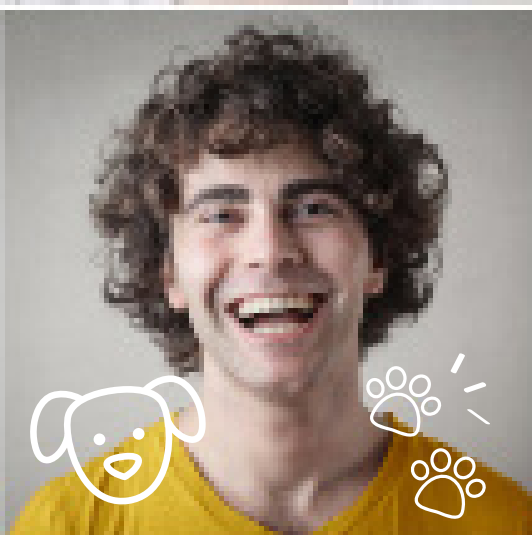
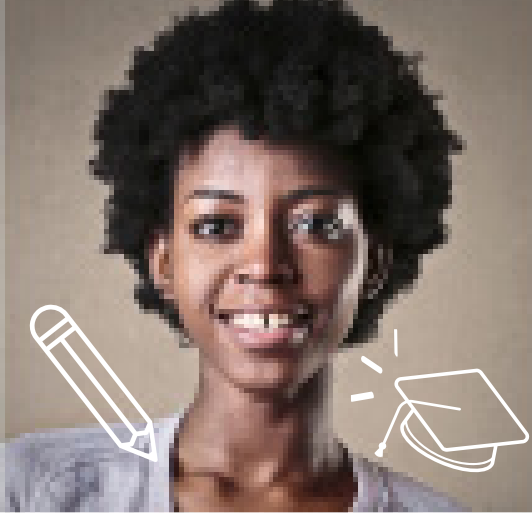
Action Item 5

Share more about who you are, what lights you up and some of your big goals in life

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

EXAMPLE

I'm an adventurer and love social justice. I was in the Peace Corps after college and later lived in Thailand for 3 years where I completely assimilated. I speak Thai and become an interpreter and taught English for two years in a rural village. Something I'll never forget. My students went on to leave the village and have professions. I love making a difference and excited to continue on that path with my perfect match.



**SHARE MORE
ABOUT WHO
YOU ARE, WHAT
LIGHTS YOU
UP AND SOME
OF YOUR BIG
GOALS IN LIFE**



Section 6



**ENCOURAGE
CONVERSATION -
END YOUR PROFILE
BY ENCOURAGING
CONVERSATION
WITH PEOPLE WHO
SENSE YOU MIGHT
BE A MATCH.**





Encourage Conversation - End your profile by encouraging conversation with people who sense you might be a match.

Life is pretty great and the only thing missing is my perfect match to share it with. Maybe you? If yes, send me a note and let's connect.

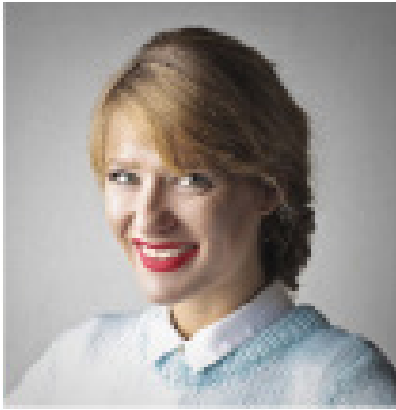
This image shows a single sheet of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

TIPS



You'll also want to include 2 professional recent photographs of yourself, a head shot a body shot.

Do not use blurry images or pictures where other people have been cut out. Big no no!



Online Dating Profile of 39-Year-Old Meet to Marry Client

I'm a fun-loving, charismatic, compassionate, expressive, curious and generous woman. I care deeply about loved ones and strangers alike, and when I see someone in the street of NYC that needs help, I will stop and offer them help. Years ago, an elderly woman was struggling with groceries while maneuvering her walker. I stopped and asked if I could help her. he was a holocaust survivor and had no living family, she and I became friends and I included her in Jewish holiday celebrations for many years.

I'm looking for a confident, outgoing marriage-minded guy who is ready to create a partnership in life and business and build a spiritual home filled with love and laughter. Warmth, an entrepreneurial spirit, and friendliness are very attractive to me. A gentleman who loves life and what he's doing and who gets excited about the simple things that life has to offer will make my heart sing.

I consider myself modern orthodox. My spirituality is constantly growing. I love spending time with my family and friends on Shabbat and holidays. They're the perfect time to recharge and connect to what is really important in life.

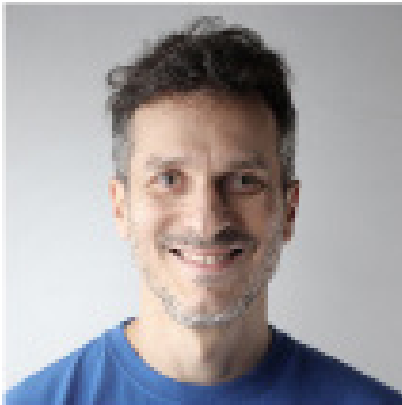
I love children and I look forward to having my own. I spend a lot of time with my nieces and nephews (all 13 of them). I take them to sporting events, parks, ski trips, or just spend time at home playing cards and board games. Basically, I'm the coolest aunt EVER!

I am a passionate believer of expressing your own individual creative gifts. I have started a company whose mission is to help promote artisans from all over the world by bringing their work to international markets.

My company combines a few of my passions--creative expression and travel. Travel to me is one of life's greatest journeys; the countries, the cultures, and of course the people you meet along the way are all amazing.

The only thing that could be better than travelling is having someone to share it with....





Online Dating Profile of 36-Year-Old Meet to Marry Client

I'm an imaginative, passionate, compassionate, warm and affectionate man. The love I feel for the people close to me is obvious as I'm always giving gifts and big hugs. I'm close with my family, spending great times and helping them and each other through ups and downs.

I'm looking for an amazing, Jewish marriage-minded woman who is excited about a powerful, loving connection with her true love and best friend. My ideal partner is super-warm, family-oriented and wants to raise

happy, healthy children in a loving and supportive home. I'm attracted to a woman who is supportive, personal growth oriented and adventurous. Family is important to me and I truly believe that you marry each other's families, I value in myself that family comes first and I want the same in my wife. I want her and my parents and my sister to be like family.

In Judaism I consider myself traditional. I envision a Jewish home and raising kids with Jewish traditions, and creating our own family traditions like Friday night Shabbat dinners (what's better than the scent of a kugel cooking in the oven). I enjoy giving back and volunteer my time setting up Shabbat dinners and working on projects with at risk teens and elderly on Sundays and would look forward to working on projects like these with my future wife.

I was born and raised in Brazil, until I was 23 and moved to Miami as my older brother was living here. I love living in Miami South Florida and would ideally like to live on the beach, where my bedroom window will face the ocean. I'm an artist and showcase my art in various galleries in Miami. By day, I'm a graphic designer for an online reseller and I love that I get to bring all of my creativity to all of my projects. I love my work, and I highly value work/life balance and envision plenty of time to share fun and adventure as a couple, with our kids and each other's extended families. I'm passionate about soccer, photography and anything that has to do with beauty, museums, things to be inspired by--finding my muse.

An important goal is to travel as much as a possible with my future wife -- I feel very romantic about this. Road trips, short trips, staycations, vacations, big long travels and short ones, this is sharing the experience, the intimacy and the togetherness. I'd like to attend the World Cup. Places I'd like to travel to are to the World Cup, Argentina -- as a tourist this time, Israel. My perfect match is up for a lot of different things. . .

Life is wonderful and rich and the only thing missing is my perfect match and true love to share it with. Maybe you? If so, send me a message and let's connect.



CHOOSING PROFILE IMAGES

Your dating profile photos should really put your best foot forward. People are visual.

2 professional photos are recommended: a headshot and a body shot that are recent

No surprises. No cutouts, no group shots and no photos that are blurry or of you in the distance. First impressions really count for both, men and woman, don't let yourself fizzle out when it comes to your photographs!

TIPS



You want your photographer to reflect who you really are, so if two of your top personality traits are fun loving and funny, you might want at least one of your photographs to feature your amazing smile or capture you laughing.



Your photograph should capture your special features... like your sparkling eyes, fabulous smile or physically fit



Look and feel your best on the day of your photo shoot. Wear clothing that accentuates your best attributes. Choose colors that make you feel great. Get your hair and makeup done professionally.



Get a headshot image, so that people can really see your face and a full or half length photograph are also a good idea. you don't want photos where you are far away and people have to struggle to see you.



Don't use images that people have been cropped or cut out of.



Only use recent photos of yourself, no more than a year old.



Look directly into the camera.



WHO SHOULD TAKE YOUR DATING PROFILE PHOTOGRAPHS?

I've been searching for a very long time for photographers who specialize in online dating photos --- who really get it -- and who are affordable.

I am happy to announce that I have established a relationship with **Look Better Online**, which is a network of hundreds of professional photographers across North America, all of which are hand picked for their skill, talent and ability to create amazing online dating photos for your dating profile that reflects you are your BEST!



Special Discount for Meet To Marry Members

Visit: http://LookBetterOnline.com/c_57.html

Make sure to use the Promo Code: bari





When you have created a profile that reflects the real you - you will have different results along with a different mindset.

I hope that you have enjoyed your journey of self-discovery in creating your new online Dating Profile. I know you've waited too long and that you absolutely deserve this.

You're done with the struggle and frustration – it's time to get on a clear, thrilling path that draws the right person into your life.

By creating a profile that reflects the real you - you will have amazing results meeting the right people and stepping into empowered and inspired dating to meet your perfect match.

This is a big step in achieving your goal and experiencing a real place where healthy love flows, where you find and attract exactly what you want and need in your life, regardless of your background, history, or current standing.

The next step is to having fun tying it all together and creating your profile!

Let's make it happen! You absolutely deserve this.

I look forward to supporting you in having the life you've always dreamed of!

*to extraordinary love,
Bari*



ABOUT BARI LYMAN

Bari Lyman is the founder and creator of the Meet to Marry Method™, which has helped thousands of single men and women blast through whatever has been getting in the way of finding their perfect match.

Bari is also the author of Meet to Marry: A Dating Revelation for the Marriage Minded, which earned Stephen Covey's (author of 7 Habits of Highly Effective People) praise for being "smart, principled and engaging."

Bari is based in Miami, Florida with her husband Michael and their rescued pets while she continues her mission to help singles marry around the world.









**ULTIMATE
DATING PROFILE**
blueprint