

WHAT WOULD YOU LOVE?

ONLINE Dating Guide & TEMPLATE



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STEP 1: Your Mindset – The Real Secret Sauce

TIP: Remember, this is a numbers game, not a reflection of your worth.

- You're not “too picky.” You just know what you want.
 - Make a list of the top 5 qualities you want in the man in your ideal relationship- most of all, how do you feel? safe, loved, are you is priority. Use your Top 5 as a guide when dating.
- You don't need to “settle” to be loved. Settling is exhausting—being loved for you is energizing and fulfilling.
- Every bad date is one step closer to the right one.
- Take breaks when you need to. This isn't a job. You're allowed to pause.
- Befriend rejection. Rejection is God's redirection.
- Be Present on your dates - authentic curiosity of your date. Remember, you are in a discovery phase. You are learning about your date, and learning about yourself in this dating journey.

STEP 2: Your Dating Profile – Make It Sparkle

TIP: Think of your profile as your first impression—your highlight reel, not your resume. It should feel like a smile in text form.

Introduction / “About Me” Template

Use this simple 4-part structure:

1. Who you are
2. What you love
3. What makes you unique
4. What you’re looking for

Here’s a sample to get you started:



Hi! I’m Emily. I’m a sunset chaser, podcast junkie, and professional brunch enthusiast. During the week, I work in marketing, and on weekends you’ll find me trying new recipes or getting lost in a bookstore. I love deep conversations, dad jokes, and a good margarita. Looking for someone kind, funny, and emotionally available who’s ready for something real. Bonus points if you like dogs or dance terribly in the kitchen.

Friendly Tips:

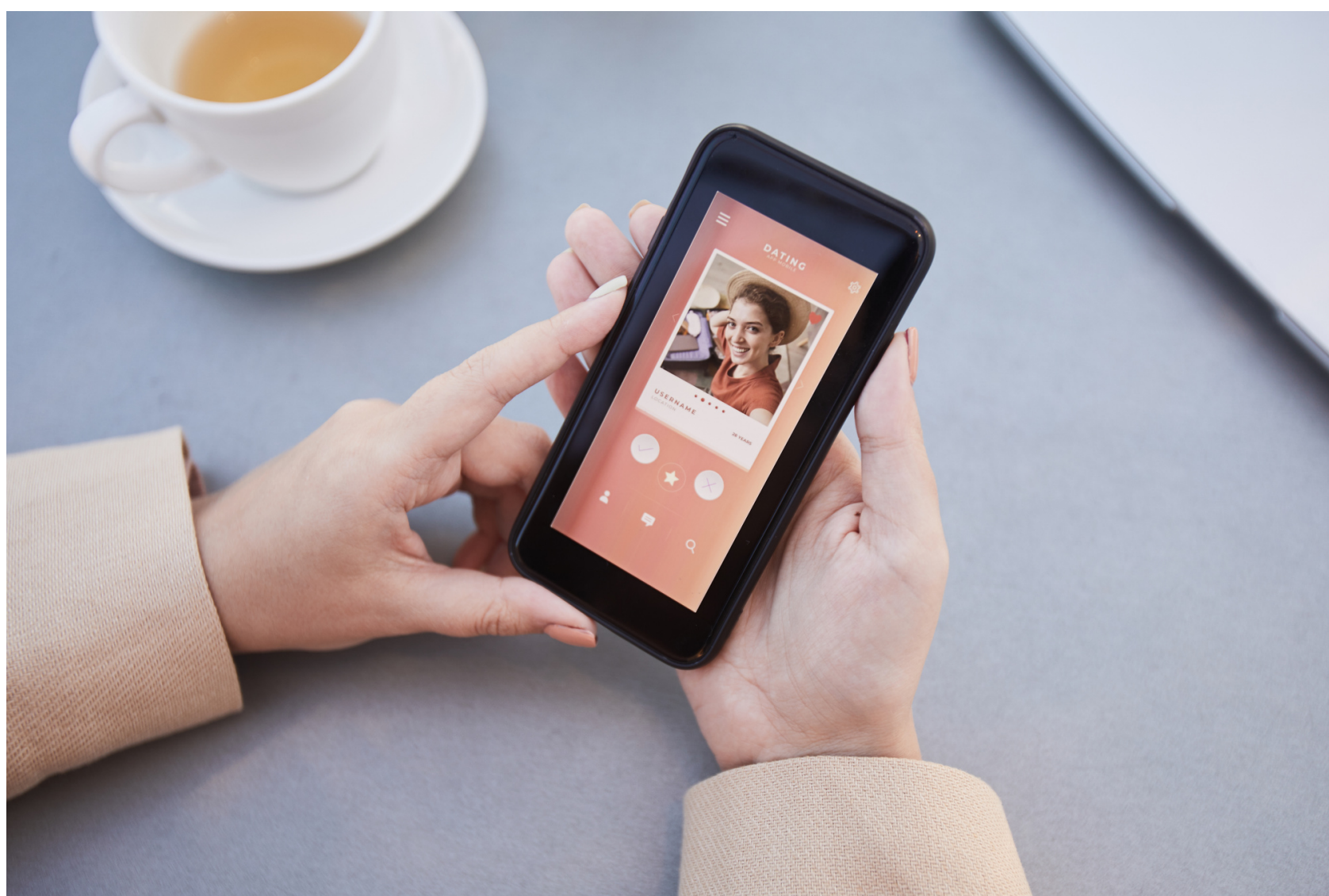
- Be positive. Avoid listing what you don’t want—focus on what you do want.
- Use a little humor. Even a cheesy pun or playful line makes you more approachable.
- Drop a few details to spark conversation (ex: "bookstores", "brunch", "margaritas").
- Ask a question to “weed-out” picture hunter spammers. The guys that just look at pictures and spam everyone that looks good to them. This also allows you to get an idea of if they’re a potential match. Something like “What is your favorite vacation spot and why?” “What character in (movie) is your favorite and why?”

STEP 3: Photos That Work Like Magic

TIP: Your photos are your vibe. People scroll fast—make them stop (in a good way).

An Ideal Photo Lineup:

- 1. Smiling, clear headshot (natural lighting, no heavy filters)**
- 2. Full-body shot (confident but relaxed—standing, walking, laughing)**
- 3. Doing something you love (hiking, painting, laughing with friends, sipping coffee.)**
- 4. With friends/family/pets (shows you're social—but only 1 group photo!)**
- 5. Optional flirty one (not too sultry—think playful, not provocative)**



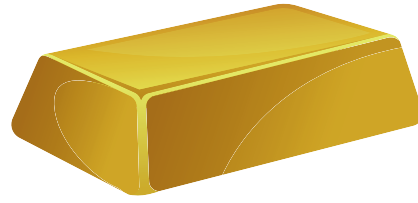
Friendly Tips:

- Avoid sunglasses in every photo—we want to see your eyes!**
- No car selfies. Ever.**
- Don't use old photos. You're stunning as you are right now.**
- Look like someone fun to talk to—not a mysterious magazine ad.**
- Skip the holding a glass of wine...too many of those.**

STEP 4: Stay Safe

TIP: Keep it flirty and smart. Your safety is never too much to ask for.

Golden Safety Rules:



- Don't overshare right away. Keep last name, address, job location private until trust is built. Even get a "burner" number like Google Voice or something similar.
- Always meet in public for the first few dates. Daylight is your BFF.
- Tell a friend where you're going, who you're meeting, and when you expect to be back.
- Use the app to message at first—don't give your number too soon.
- Listen to your gut. If something feels weird, it probably is. You're not being "dramatic"—you're being wise. Tap into your intuition and read his "energy" from his photo.

Red Flags to Watch For:

- Love bombing too quickly ("I've never felt this way before")
- Avoiding video calls or in-person meets.
- Pressuring you to move too fast
- Inconsistent stories or disappearing acts.



STEP 5: Messaging 101 – Get the Conversation Flowing



TIP:

Be a little flirty, a little curious, and a lot yourself.

Icebreaker Examples:

- “I see you love cooking – do you have a signature dish?”
- “You mentioned hiking... tell me your favorite trail and I might just tag along 😊”
- “You said you love old movies—what’s one I have to watch?”

DO:

- Ask questions to keep convo flowing.
- Be kind, but don’t carry the convo solo.
- Know when to move on if there’s no effort.

DON’T:

- Wait too long to meet in person (within 1-2 weeks is ideal).
- Fall into endless pen-pal territory.
- Be afraid to unmatched someone who makes you feel uneasy or unaligned.



If you would love to learn more about the energetics of dating, schedule a Complimentary Breakthrough Session (valued at \$500). A Breakthrough Session is a complimentary 30-minute 1:1 call where we'll get clear on where you are now, what you want next, and what's been holding you back. Together, we'll map out your next best steps toward creating the life you truly want.

Claim your Complimentary Breakthrough Session. Spots are limited. If there are no spots available, email me and when I my schedule opens up, I will gladly fit you in.



Here's to your dreams! ~ Sharon



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