



LOVE PUSH TIPS

PROFILE/BIO:

Fill out the ENTIRE bio - It may seem like work, but people usually view an entire filled out bio/profile as a sign of legitimacy and interest. Be truthful with what you write, and try to steer away from writing a bio that feels like a resume.

Write a bio that sounds like you - Be specific! Don't just write, "I like to cook. I like to work out. I like to watch movies" Your bio is what makes you stand out from the rest. By using particular details it will help the viewer not only get to know you, but you will seem more likeable. The viewer will make an assumption about the type of person you are and the more details they have better or more likely they are to choose you vs. someone they saw that wrote very little and that they know little about.

Be Open - If you're looking for a causal relationship, or a long term relationship it's best to be open from the beginning. You want to create a line of communication from the beginning that sets the expectations therefore no one in the end gets hurts from being disappointed if they don't find what they're looking for.

Ask a Question - End your bio or self-summary with a cheeky question. Think of this question as a freebie ice breaker and conversation starter. If you write a question that is fun, thought-provoking or clever at the end of your bio it makes it easier for someone to communicate with you by simply answering that question! It's an easy way for someone to start a conversation when they may be too hesitant or shy to say anything.



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PHOTOS:

Fill the Space - Aim to add 5-6 photos of yourself. This is a sweet spot to show someone who you are and what you're about. 1-2 photos isn't enough for someone to gauge how you look or what kind of person you are. If you have the space to include up to 5 photos, take it! Make sure you utilize a variety of photos of yourself.

- **First photo : a clear, smiling, simple photo someone's taken of you**
- **Second photo: a fun, interesting photo of you doing something you love**
- **Third photo: a casual, yet engaging photo of you with family, or friends**
- **Fourth photo: a selfie if necessary**
- **Fifth photo: another photo that someone has taken of you**

Keep selfies to a minimum - It's best to have photos taken of yourself if you can. Next time you're out with friends or your family have them snap a pic of you smiling and doing something you love. This will translate best to people viewing your profile. If you have to post a selfie or mirror picture keep it to one photo at best. Don't choose the tasteless, shirtless photo of yourself either. By posting the shirtless mirror picture it will only guarantee that you won't find a match.



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MESSAGING:

Utilize the bio - Can't think of anything to write or say to a match?
Increase your chances of a response by messaging about something that they're familiar with! Hint: Look at their bio for clues on who they are and what they like to do. Use something that you've seen in their bio to strike up a conversation. Does it mention that they like to hike? Introduce yourself, and ask what their favorite trail is, or when their favorite time to hike is.

No bio? Try their photos - If the person doesn't have a bio and you're interested in chatting with them use their photos to give you the same hints that you could get from their bio. (see above)

Know When to Leave - If the conversation is going well and you've been chatting for a bit try to leave the app you're chatting on as soon as possible. Not the first or second message but after a bit of time between you to (no longer than a week) has passed then leave the conversation in a place to where they'll want to continue chatting outside of the app. Try a line like, "Listen (persons name) I've really enjoyed chatting with you and would love to chat more. Here's my number. You're welcome to call anytime. I'm interested to hear that story you mentioned you wanted to tell me, etc, etc." You want to try to move the conversation outside the app which will increase your chances of meeting up with them in person. If you can leave the conversation on a good note instead of waiting for it to slowly die it'll likely lead to a date verse the slow fizzle of disappointment and missed opportunity.



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Make a plan - Now that you've been calling or chatting move to the next step of setting up a date. It's fine to take the other person into consideration but you want to plan a date that is also fun for you, don't try to plan something that will only be impressive to them but you actually dislike. If you're keen to ask the person out make sure you're specific and precise. People are busy and they have lots to deal with the last thing they want to do is for someone to ask them out and then have to plan the date that the other person purposed. Take this as an opportunity to set yourself up for success. Choose a casual, simple, and public place to chat and see if this person is even worthy of a second and more serious date. Approach should look something like, " Hi (persons name) I've been meaning to try the coffee at this new cafe downtown next Tuesday if you're interested in joining me. I typically am free around 3PM. Feeling like grabbing a cup?" This all but sets you up for success. This offer explains what you'll be doing, where you'll be doing it, what time you're interested in meeting, and shows your intention. By setting yourself up for success you're less likely to be turned down, if someone can't make that day it's easier for them to simply let you know a better day they can meet up verse never end up planning anything to begin with!



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