

Lesson 1 – Understanding Online Dating

Thank you for signing up!!

You will be receiving emails over the next five days that will give you tips, tricks, and secrets that will put you miles ahead of all other men using online dating.

Please check the email account that you signed up with as an important message has been sent to you.

Let's Begin!!

What Online Dating Services are all About

You've heard all your friends talking about online dating services and even checked out a couple sites but still aren't sure if this is what you want to do.

It seems like online dating services could be the perfect solution if you only knew a little more about how they work. Read this short article and you'll know everything you need to know to get started.

Online dating, also known as internet dating, is when individuals, couples and even groups communicate with each other on the Internet typically with the intent of developing a friendship or relationship of some kind. Relationships may be of a sexual nature, personal or even lead to marriage. Some people, on the other hand, come to online dating just to make friends. Online dating services are all about helping these people meet and making the process easier. Their contact with the members of their service is usually done by cell phone or computer.

When you join an online dating service, you're usually required to become a member if you want to take advantage of all their services. As a member, you provide the online dating service with personal information such as age, gender, interests, location and similar information. You also set the same kind of criteria for what you're looking for as far as gender, age, location, etc.

The online dating service uses this information to match you up with people that meet your specifications. You're usually allowed to upload pictures of yourself as well as look at pictures of others.

Online dating services will also offer services such as online chat, webcasts, message boards and telephone chat (VOIP). Online or internet dating services charge a monthly fee to become a member.

You can check out online dating services without actually becoming a paid member, but you won't have access to all their services. For instance, you may be able to see a picture of someone but won't have access to information about him or her.

It's important to check out the sites before actually joining so you know they're the type of site you're looking for, as there are different kinds. While some may be strictly for those looking for a relationship, another site may be just for those seeking friendships.

Another thing to remember is that, like in all areas of our lives, nothing will happen overnight. Finding the person of your dreams is not going to happen overnight either, even with the help of an online dating service. The online dating service may be able to help you get started and show you the ropes, so to speak.

How Online Dating Sites Work

If you're like many single individuals, you may be tired of sitting home alone every night waiting for the perfect significant other to come your way. If you're not into the bar and nightclub scene, where does that leave you? Many people are turning to online dating sites. They're very popular, offer many opportunities and there are many to choose from, more almost a new site created every day.

Look for Reputable Online Dating Sites

Before you rush out and join the first online dating site you find, do your homework and research the sites to see what

they have to offer and how others rate them. If they're a legitimate online dating site, you'll be able to find reviews others have left about them. Check them out. Each online dating site you find is going to promise you the world and swear they're the best. Look around or ask around until you find the right sites.

Do I Have to Pay for Online Dating Sites?

The good news is that you don't have to pay to become a member of an online dating service. You will get more options if you have a paid membership, but until you know this is really a site you want to use regularly, enjoy the free services for a while. Check out what they have to offer and if you think it's a site you'd like to join. Typically, free members can view photos of others but must pay a membership fee to be able to see more information about the individual or communicate with them.

How Do I Meet Others?

When you join online dating sites, you'll give out information about yourself to the individuals running the sites. They have a huge database that listed thousands of others looking for someone special. They match you up with individuals that share the same interests as you. These sites have excellent tools to help you find the right individual and screen out undesirables or those you have nothing in common with.

Setting Up Your Profile

One of the first things you'll do when you join an online dating site is set up your profile. Your profile is what others will see so make it good. Your profile should consist of your picture and information about yourself. By information, I mean what your interests are, what you're looking for, hobbies, etc. Do not put any more personal information than possible on your profile. You don't know who will be viewing your profile, so you don't want to give out private information. Many of the online dating sites will offer excellent help in setting up your profile.

ACTION STEPS:

Today your action step will be figure out what you want out of online dating.

What are your goals and desires? Also, what kind of online dating experience are you looking for?

Are you looking to chat and exchange email? Looking to meet? Looking for a long term relationship?

All of these questions are important and once answered, will get you on the right track to master online dating.

Do you want to skip ahead to the next lesson? If so, you don't have to wait until tomorrow and can jump ahead right here:

[LESSON 2](#)

Till Tomorrow ...

Lesson 2 – Picking The Right Dating Site

Choosing Online Dating Sites for Beginners

If you've been doing the online dating scene, you're probably familiar with all the ins and outs of what makes it work. You're probably also familiar with which sites are better than others. However, if you're a beginner at online dating, you're probably uncertain as to what to look for in online dating sites. Here are some simple to follow tips to help you make the right choice in online dating sites.

How Long Have They Been in Business?

There are thousands of online dating services on the internet, with a new one setting up shop almost every day. Each one is going to offer to hook you up with the love of your life and claim to be the best. How do you know which one to choose? One of the first things to check is how long they've been in business. The longer they've been in business, the fewer bugs they'll have to work through and the more efficient they're going to be. Research each company thoroughly before joining.

Choose a Few of the Best

After you've done a thorough job of researching the different online dating sites, you'll be in a better position to narrow it down to the few that you like the best. Criteria you want to look for are those that are easy to navigate and those that cater to what you're looking for. No longer are dating sites strictly for men or strictly for women. There are now so many options available today so take your time in choosing the sites that are the closest to what you're looking for in an online dating site.

What Do They Allow For Profiles?

The profiles that are entered on the online dating sites will play a large part in how successful you will be in meeting the person of your dreams. Check out what type of profiles and photos they allow on their sites. With some sites, the approval period takes so long that completing a profile can almost turn into an all day process. Check out the rules on any sites you're considering.

What Type of Chat Rooms Do They Offer?

Chatting is a popular way to members to get to know each other. For most people, it's the most important part of online dating. If you look at a profile that appeals to you, you're not going to rush out and make a date with them. You'll want to spend some time chatting. Check out what type of chat rooms they offer as well as how they're monitored.

What is the Cost?

With so many online dating sites offered today, you can afford to be picky in choosing sites. Cost should always be a factor as well as providing services that you need. The right combination is available out there. All you have to do is look around!

ACTION STEPS:

I have been around the online dating scene for a very long time. In my travels I have come across what I feel are the best online dating sites for beginners and experienced users alike.

These sites provide great value, have a large ratio of women to men, are easy to use, and have a ton of options that

will make your chances of meeting a great woman even easier.

The sign up for these sites are dead simple. Just enter your name, email, and location. No credit card number, no overly personal details. It does not get easier than that.

Remember, the more dating sites you sign up to the better the chance you have of meeting the woman of your dreams.

Each site has its own pool of users and each one attracts different types of women.

Ideally, sign up to all of these so you can get the most benefit from the course.

Studies have shown that signing up for multiple dating sites increases your chance of meeting and going on a date with a woman by 210% !!

They are as follows:

- **[Flirt Crowd](#)** – This is probably the best online dating site if you are looking to get your feet wet in the online dating world. A very simple to use site that will get you up and running almost instantly.
- There are also a ton of responsive men and women on this site. Definitely the best place to start.

You can Sign Up FREE here: [Flirt Crowd Sign Up](#)

- **[Date Agency](#)** – This is a real fun site. I have personally pulled more women from this site for a fun night out or a long weekend in bed than any other site I recommend.
- The great thing about this site is that there are a ton of fun chat and video features that really help you get to know the people you are talking with fast. This of course leads to a greater familiarity with each other which leads to sparks flying faster!
- Only downside, I'd say, is that community is not as large as most of the other sites that I recommend. However, the women are very responsive.

You can learn more and sign up FREE here: [Date Agency Sign Up](#)

- **[Cupid's Wand](#)** – This is a great site for all the men & women out there who are looking to get serious and find a stable, fulfilling, and loving long term relationship. The women on this site are very much geared towards settling down and developing something long term and stable.
- I really recommend Cupid's Wand if you are looking for something a bit more serious. If you're not, it's also a great idea to sign up and see what some of the more popular men on the site are doing with their profiles. This site probably has the best male profiles I have ever seen. You can definitely learn from this.

You can learn more and sign up FREE here: [Cupid's Wand](#)

- **[Find Me Love](#)** – The best part about this site is that it goes through great lengths in finding you women who are local to your area. Their matching system is pretty top notch and I have had a great amount of success finding men and women who are literally blocks away from me that I would have never met if not for this site.
- Their chat options are pretty basic but they get the job done. The real strength of this site lies in its matching abilities.

You can learn more and sign up for FREE here: [Find Me Love](#)

Specialty Sites

If you are looking for something a bit different from mainstream dating sites I have personally tested for you a number of such sites.

- [Christian Mingle](#) –
- I really recommend this site for everyone. It has everything you could be looking for.

You can learn more and sign up for FREE here: [Christian Mingle](#)

Now to get a bit naughty.

- [Rudefinder](#) – I don't know how they did it but they have managed to get together sexy real women who are looking for a good time.
- If you are looking for a fling, sexy flirting, or going all the way ... you need to be here.

You can learn more and sign up for FREE here: [Rudefinder](#)

Here are a few very specialised sites that I have not tried personally but have spoken to a number of people who have joined and had great success.

Mature Singles are recommended to join [MatureSingles](#) - sign up for free here [MatureSingles](#)

For gay men join up to [Gay Dating](#) - sign up for free here : [Gay Dating](#)

Single lesbians are recommended to join [PlanetSappho](#) - sign up for free here : [PlanetSappho](#)

For Indian Singles join up to [Shaadi](#) - sign up for free here : [Shaadi](#)

For men looking to date latino ladies join up to [Amolatina](#) for free

For men looking to date asian ladies join up to [Asian Beauties](#) for free

I would spend the next couple of minutes signing up for these sites. Remember, it's a numbers game. The more places you put yourself out there, the greater chance of success and finding the woman you want and deserve!!

Here's a quick glimpse into tomorrow's lesson:

Setting Up Your Profile

One of the first things you'll do when you join an online dating site is set up your profile. Your profile is what others will see so make it good. Your profile should consist of your picture and information about yourself. By information, I mean what your interests are, what you're looking for, hobbies, etc. Do not put any more personal information than possible on your profile. You don't know who will be viewing your profile, so you don't want to give out private information. Many of the online dating sites will offer excellent help in setting up your profile.

How Do I Meet Others?

When you join online dating sites, you'll give out information about yourself to the individuals running the sites. They have a huge database that listed thousands of others looking for someone special. They match you up with individuals that share the same interests as you. These sites have excellent tools to help you find the right individual and screen out undesirables or those you have nothing in common with.

Tomorrow we will be going further into how to maximize the power of your profile to meet the women you want!!

Till tomorrow ...

Lesson 3 – Creating The Perfect Profile

Online Dating Tips for Beginners

[Ads by Google](#)

[Free Dating Sites](#)

[Dating Online](#)

[Dating Services](#)

[Dating Websites](#)

If you've been unsuccessful at getting a date and are considering an online dating service, here are some tips to help make the process easier. The first thing you need to do is ask yourself what exactly you are looking for in a date.

Too many people jump into online dating sites with no idea of what to write down in the profile or preference section, and then get frustrated when they don't find the ideal person. You may tell yourself that you want a date so bad that you'll accept anything the site offers. This is not true, though, as you'll find out the hard way if you don't do a little self analysis.

You may be a serious member of your church. If this is the case, you'll probably be interested in someone that shares your religious beliefs. You may also be looking for a specific age group or certain culture. While you may think you have no preferences, everyone has preferences. The fantastic thing about online dating sites is that they'll act on what you tell them your preferences are. They have unique tools that allow them to weed out individuals that do not match your criteria. It's amazing what these online dating sites can accomplish for couples!

Do not make the mistake many beginners do of beefing up their profile with stuff that just is not true. If your true intentions are to get a date that may lead to a relationship, you really don't want to have to explain why you lied on your profile and watch a potential relationship or friendship end on the spot. If you're not interested in marrying and having children, don't say that you are just to get a date. You're just wasting your time and theirs.

Although most people will say looks don't matter, they still want to see what the other individual looks like so always post a photo with your profile and post a current one. Pasting a picture that's ten years old and taken when you were younger and 100 pounds lighter is not being honest. Post a current, attractive and appropriate picture. A picture really can be worth 1000 words!

If you're planning on joining an online dating site and taking advantage of all their benefits, be prepared to pay a membership fee each month. You may feel as though it's too costly, but is there any price tag on possibly finding your soul mate? If you were going to the bars and nightclubs, you'd be spending a lot more money with probably less desirable results!

Online Dating Help for Newbies: Writing Your Profile

If you've been having trouble getting a date and are tired of being alone, you may have finally decided to try the world of online dating. You probably never thought you were first date would be the result of online dating, but there are worst things in life. In fact, you could have the time of your life. Every day 100 people in the world get married as a result of relationships that started from online dating. You could soon become one of the lucky ones!

Before you can become lucky; however, you need to join an online dating site and set up your profile. Setting up your profile is one of the first things you'll do upon joining the site. It's what others will see so make it count. Here are some helpful suggestions on making the best possible profile.

Make your profile unique. Don't copy someone else's and just put your screen name on it. Make it tell the viewer something specific about you. For instance, if you enjoy reading horror books, you might say that you enjoy Steven King novels or are a fan of Dean Koontz. If you have a pet, you might want to say something about your pet. They say cute dogs are great date magnets! Give your viewer enough interesting stuff to read so they stay on your profile page long enough to read it.

Be honest in your profile. Unless you're planning to have nothing more than a cyber friendship, you may meet up with each other in the future. You don't want to have to explain why you lied. When describing yourself, be as accurate as possible. If you are using a photo, this is a must, make sure it's a current photo. Anything less is being dishonest.

Be specific about what you want. Don't just say you're looking for a commitment or looking for a decent person to date. If you want someone that likes animals, say so. If you are interested in someone to do things with outdoors, say that as well.

Do not overbuild yourself or put yourself down in any way. Explain who and what you are and be proud of it. Somewhere out there is someone just like you.

Be yourself. I realize that the internet allows us to speak more freely and often lowers our inhibitions, but use the same kind of voice on your profile as you would use if you were meeting in person. Fewer things are more important in online dating than honesty, especially on your first date.

Online Dating: Filling Out Your Profile

Online dating sites are becoming very popular today. Gone are the days where only a few people actually have the nerve to enter these sites in search of a relationship or, possibly, love. Today, more than 20 millions single individuals are visiting online dating sites every month. Unfortunately, many of these individuals are at a disadvantage because they're unfamiliar with how to make the most of these sites.

The Importance of a Complete Profile

An important part of online dating sites is your profile. Knowing how to properly set up your profile can make the difference of being successful in meeting the right kind of people. As amazing as it may be, many people on online dating sites fail to complete their profile. They may put in a photo and location and that's it. If, by some chance, they do find people that are interested, they're not going to learn very much about the individual. A great picture of yourself may draw in many interested parties, but they may not be the type you want.

Profile Should Be More than Just a Pretty Picture

Don't be afraid to put up a picture, as is the case with many that don't want to be seen by people that know them personally or professionally. You've joined an online dating site for a reason so make the most of it. Very few people will look deeper into a profile that does not have a picture. Putting up one of your best photos is a great start to your profile, but it should consist of much more than that. On the subject of a great picture, keep in mind that what you consider a great picture may not be what others consider great. Ask your friends and family their honest opinion on which pictures are the most complimentary to you

Be honest on your profile while still being creative. Nothing can kill a potential relationship faster than finding out the individual was dishonest on their profile. You want to put information that makes you unique and stand out in the crowd without being dishonest. You want to put the kind of information that will make it worth their while to look a little further into your profile. For instance, if you've participated in sports in the past, don't be afraid to list "athletic" as one of your attributes.

Always double check your spelling and grammar. Misspelled words or improper use of the English language can easily discourage someone from taking an interest. You don't want to give the opinion that you are uneducated. Lastly, after you've completed your profile, don't forget about it. Come back from time to time to check on it so it stays

current and others can see you're active.

Today's Action Steps:

- Read some of the other guy's profiles on the sites. Find their strengths and weaknesses based off of what we covered today.
- Go ahead and fill out your profiles
- Put up a nice and clean picture that best represents what you are all about.

Tomorrow we will be discovering how to expand your online dating network and meet great women.

Till tomorrow ...

Lesson 4 – Expanding Your Online Dating Network

Getting to Know People on Online Dating Sites

The success you have on online dating sites will depend in large on the type of profile you've left for others to see. It should consist of an attractive picture as well as information about yourself. Information about yourself should include your age, location, marital status, interests and what you're looking for on the sites (friendship, relationship, commitment, etc.). Many online dating sites have a whole process for filling out a profile. In fact, it's the first step they'll take you through upon joining the site.

Keep Profile Active

The mistake many members make is putting up a profile and then forgetting all about it. For the first week or so, they sit around waiting for interested people to contact them. When that doesn't happen, they move on to other things. What this results in (besides little success in meeting someone) is your profile being pushed to the bottom of the pile because of inactivity. You may also want to login to your site to update it as well. The more you login to your site, the more it will show as active so you'll stay on top and get more views.

Initiate Contact

If you're a woman, keep in mind that gone are the days where only men are allowed to take the initiative. If you see someone that interests you on the site, don't hesitate to contact them. Whether it's a man or woman, they're on the site for the same reason you are. You may not think there is anything wrong with sitting back waiting for others to contact you. However, what if thousands of others are doing the same thing? How many potential friendships or relationships are you cheating yourself out of by waiting around?

Make Many New Friends

One of the great things about online dating sites is that it will show when you and others are online. This means that if you send a message to someone, you won't have to wait days to see if you got an answer. In most cases, you'll get an answer almost instantly (unless the person is not sitting in front of their computer). This will give you an opportunity to chat with others or message back and forth. Don't limit yourself to only one or two people, even if it seems like you've found exactly what you've been looking for. Talk to as many people as possible so you have many choices available to you. After all, you signed up for the site to meet new people, so make every effort to meet as many as possible.

Can Online Dating Sites Help You Find Your Soul mate?



The internet is filled with thousands of online dating sites. Surprising as many may find this, many couples have found lasting happiness as the result of online dating. If you're new to online dating, you're probably nervous about what you need to do and if you'll find success in meeting your soul mate. While online dating sites can't guarantee you'll meet Mr. or Ms. Right, many have found success.

Online Dating Sites are not Just for Dating

You may be thinking that you don't have any trouble finding a date but rather someone that's looking for the same type of commitment as you. The good news about online dating sites is that they no longer focus on just dating as they did in the past. Online dating sites offer many possibilities including friendship, possible marriage partner, soul mate, casual date or even someone for just sexual encounters. In other words, online dating sites can offer almost any kind of relationship you're looking for in life.

How Do I Advertise Myself?

Online dating sites offer you many ways of advertising yourself to others, starting with your profile. Your profile, which will include information about you, may include photos, voice clips, videos or any designs you wish. You can mention what it is you're looking for on the site, whether it's dating, friendship, lifelong partner, potential marriage or whatever. How much or how little you put on your profile is up to you. The online dating site will usually have a profile template to assist you in providing your information.

Although some members feel that the options they offer in their drop down box are not always exact, they're usually very helpful. Most members will use a profile name or nickname as opposed to using their own name. This is recommended to protect your privacy. By using a name other than your own, you're reducing the chance of your private information leaking out to anyone.

How Effective are Online Dating Sites?

One of the things that make online dating sites so effective is their ability to match you with someone that's similar in interests and desires. This is the purpose of the profiles. If you specifically stated you were looking for a marriage partner, the site wouldn't match you with profiles of people looking for casual sex. They have very sophisticated tools that can weed out those that do not meet your specifications. While they're not perfect and can't make guarantees, they offer you an excellent opportunity to meet many new and interesting people.

Tune in tomorrow where we crank it up a notch and set you up on your first date!!

Lesson 5 – Putting It All Together and Getting Your First Date

Dating for the First Time

Wouldn't it be great if there were a *Dating for Dummies* book on the market? There probably is since these entertaining and delightfully helpful books are out there for almost anything we might want to learn.

Unfortunately, not everyone enjoys reading an entire book just to learn the basic things in life. As intimidating as it may seem, dating is a very basic for most people. If you're a newbie to the world of dating, you may be in need of some helpful tips to make dating the fun process it's meant to be.

There is nothing quite as special as going on your very first date. If it's someone you've fantasized about dating for a long time, the experience can be even better. We always remember our first date; whether it's someone we've known for ages or the result of online dating. Let's make it one of your more pleasant memories.

Regardless of how nervous and self-conscious you may feel or how much of a good idea it may seem like at the time, do not bring a friend or third party with you on a date, especially the first date. Your date will think either you need your friends' approval to be with them on a date or will realize this is your first date. Your first date should be spent getting to know each other, and you can't really do this with a third party tagging along.

If you're old enough to go to bars and nightclubs, which is where many dates begin or end, be sure you do not get drunk. Many times people will have the intention of having one or two drinks to calm their nerves and end up drinking too much and making a fool of themselves. A relationship that may have developed into something very special can easily be ruined on the first date by too much alcohol. Let your new date get to know the real you, not an alcohol impaired individual.

If possible, try to find out where you'll be going so you can dress appropriately. It can be very embarrassing to be in a dress if you're on a go carting date or some other sporting event. At the same time, a pair of blue jeans may be appropriate for casual dress but not a fancy restaurant. This is also something that can easily ruin the first date.

One last tip is do not monopolize the floor talking on the entire date. Your date may tell you they want to know all about you, but they don't want to know ALL about you, at least not on the first date. Getting to know each other should be a gradual process, not something you can expect to take place in one date. The less you divulge on the first date, the more they'll want to see of you to learn more. Lastly, relax and have fun. There was a reason you wanted to go on a date with this individual, so make the most of this date.

First Date Tips for Men



Getting ready for a first date can be very stressful, whether you're the man or the woman. Women often think of men as confident and always sure of what they're doing. In reality, most men will claim they're every bit as nervous before a first date as women. If you're a man getting ready for your first date with that someone special, here are some tips to ease your anxiety and put the fun back into dating.

Provide her with a traditional date. In spite of how modern and independent women may think they are, when it comes to dating, at least the first date, they're traditional. In most women's minds, a traditional date involves the man making the reservations to wherever they're going, picking the woman up and paying the bill. Do not expect her to meet you on the first date or to help pay for the meal. Doing the first date properly will get things off on the right foot.

Don't expect her to accept a date for today or tomorrow. Allow enough time to make plans and reservations. By asking her for a date in the future, you're letting her know that you believe she leads an active life and doesn't spend her time sitting at home waiting for you to call. Show her that you care enough about this first date to have it all planned. Do not show up at her door with no idea of what you're going to do. Don't forget that anticipation tends to make things better!

Don't be cheap on your first date. You don't have to take her to the most expensive restaurant in town, but be selective with where you choose to take her. Show her that you've taken time to consider the best ways to show her how special she is to you. Even if you're on a budget, there are many ways to delight her on the first date. Learn what she likes and do everything to accommodate her. Don't be afraid to call her ahead of time to confirm your plans. She'll take this as a sign that you are anticipating the first date as much as she is.

Be on time for your date. This is good etiquette for all dates but particularly so with the first date. Try not to be too early either as this may just stress her out if she happens to be running late. If for some unavoidable reason you find you will be late, call her and give her an update on when she can expect you to arrive.

We all love to have someone show us and let us know we're appreciated and desirable. If she looks great, don't hesitate to let her know. At the end of the date, if you feel things did not work out and have no change, do not string her along with a promise to call her. Tell her you had a great time and thank her with a kiss on the cheek. If, on the other hand, you both had a great time, let her know and ask her out again!

How to Make A Woman Find You Attractive

When you look in the mirror, do you see a fairly attractive man staring back at you and wonder why you've yet to have a date? Is your dating technique from another world? Are you just too shy to ask a woman on a date? Do you, in spite of your good looks, have what it takes to make yourself appealing and attractive to a woman?

Believe it or not, many men face this problem because they have no idea what a woman looks for in a man or finds attractive. Although every woman is different in her preferences there are some attributes in men that attract most, if not all, women other than good looks. Here are some tips worth considering before asking that special someone out for your first date.

Women love a man that has confidence. If you've ever heard the saying fake it until you make it, it may become a necessity. Women enjoy having men compliment them and make them feel special. They're not going to get this on the date if the man is so self-conscious and insecure that he needs someone telling him how great he is.

Keep in mind; however, that there is a huge difference between having confidence and being arrogant or conceited. A man can show his confidence in many ways such as sharing ideas and opinions without being argumentative. When a man has confidence, he doesn't always have to be right.

Women also find a man that's affectionate and kind to be very appealing. This doesn't mean you should be pawing her

in public or be a push over, but be kind, affectionate and thoughtful. If you both have different ideas of what you want to do, don't be afraid to compromise and make her happy first. You can do what you wanted to do on your own time or on your next date. She'll appreciate the effort you made to make her happy.

Women like a man that will offer her security and take care of her. This doesn't mean that every woman wants to be taken care of, but she wants to know that he's willing and able to if need be.

If they have marriage and children on their minds, as most women do, they need to know the man can offer security. They won't see this if you have a history of not holding one job very long.

These are just a few of the many traits that women look for in men. Next time you're looking in the mirror, ask yourself how many of these traits you already possess and how many you can easily develop with a little effort in time for your first date.

Breaking the Ice on the First Date

Going on that first date can sometimes be the most difficult thing if you're shy and insecure. This is especially true if the date is with that dreamy individual you've been fantasizing about for a long time. As nervous and anxiety filled as the first date can be, sometimes breaking the ice can be even worse. You've looked forward to this date for so long, you're dressed to perfection and suddenly you're tongue-tied.

This scenario has happened to many people and has also destroyed any chance of the date turning into anything further. After all, how can you think of having a relationship with someone you can't communicate with? What a way to end what could have been a perfect night! Whether this has happened to you or you fear it may, here are some ideas to overcome this all too common problem.

Even if you're normally the friendliest person in the world and someone your friends just can't seem to shut up, you may experience a sudden shyness and inability to speak when you're on a first date with someone special. Getting your date to open up about something that interests them is always a good choice. Be specific about your questions and avoid questions requiring only a yes or no answer. Don't pry, but stick to simple questions.

Some people may love talking about their family but not wish to discuss their work. If you ask enough simple questions, you'll eventually hit on the subject that interests them and keeps them talking. Once they begin talking, you'll feel more open as well. If you're poor at everyday conversation but good at telling jokes, try telling a joke as long as it's not one that could be offensive.

If you're still having difficulty thinking of something to break the ice, a simple compliment always works well. Tell them you like their shirt or ask about their car. Men typically enjoy talking about their cars while females tend to enjoy discussing their work or family.

Try to avoid topics that may be controversial such as religion or politics. Although men tend to enjoy sports, keep in mind that you may be a fan of a competing team. This may not be the best way to get a friendly conversation going. If you know each other from school or work, a good topic might be something you both have in common.

Many first dates take place in movies or restaurants (the traditional dinner and movie date). You might want to ask what their favorite food is or what type of movies they enjoy. Usually this type of conversation is easy to keep going and will lead to more conversation. By the time the night is over, you'll wonder what all the worry was about!

Making Sure the First Date is Not the Only Date

If you're about to go on your first date, you're experiencing the excitement and nervousness that millions of others like you have experienced. You've finally managed to snag a date with that special girl you've been dreaming about, and you want to make it special. You want to make sure that the first date with her is not the only date with her.

While the old cliché says a date with flowers, candlelight, candy and romantic music is a sure thing, this is not always

the case. Here are some very simple tips to follow to ensure your first date is not only memorable but the start of more to come.

Be creative. Regardless of whom you're taking out on a date, be creative and use the element of surprise. This will delight her every time. Sure, candlelight, flowers, candy and romantic music can't hurt, but not every girl is into those kinds of things, especially on the first date. If she looks on you as a good friend, these gestures might be considered as too serious for the first date. Make it a point to find out what she enjoys doing before you actually go on the date.

Keep her surprised. Although women by nature are organized and methodical, most women also love surprises. Once you've managed to learn what she enjoys, keep your plans a secret until the big day. You can let her know if it's formal or casual to avoid embarrassment and discomfort, but don't let on anymore than that. She'll appreciate the time and care you took in planning this perfect date.

Keep your shared interests in mind. There was something that attracted you to her in the first place, and it was probably shared interests. Try to plan something that you know you'll both enjoy. The date will be much more interesting and fun if it's something you both enjoy. Introducing each other to new interests should take place after you've been on a few dates (hopefully it will get this far).

Don't expect her to pay the bill. Today women are more independent and many prefer to pay their own way. However, you asked her out and paying the bill is your responsibility. If she insists on paying her share, there's little you can do about it. However, make every effort to let her know that paying for the date is your pleasure. At the end of the date, don't hesitate to let her know what a great time you had.

First Time Online Dating Tips for Beginners

Online is very popular today and is actually easier than you think. From everything you've heard, it involves not much more than signing up for an online dating site, telling the world what you're looking for and going about your business until all those potential dates start coming your way. While this sounds easy enough, there are actually a few more steps needed if you expect success of any kind in online dating sites.

Don't set your sights on one specific online dating site. Do not go to an online dating site with the belief that if you've seen one, you've seen them all. Online dating sites are not all the same. Review different sites and look for those that are rated as the safest. Look for online dating sites directed towards your interests, sexual preference, age group, etc. This will make it much easier to find those that share the same interests as you.

Determine the type of person you want to meet. Decide this before you even begin the online dating process. Online dating sites typically use a search engine tool to help select people that are a close match to what you want. This is determined by the information you've entered when you join the site. If it's not narrowed down, you'll have far too many results to possibly filter through.

For instance, if you're an 18-year-old man looking for a woman, if you set your preferences to all women aged 18 to 24, you'll have a lot less to go through than if you set it any age group. Chances are you're not interested in dating a woman 55 years old so know what you want and put it in the search engine.

Setting up your profile can be a lot of fun. Put a flattering picture of yourself so others can see what you look like. Add some personal information about yourself as well. If you have any particular interests (sports, computers, photography), put this on your profile. It will make it easier for those that share your interests to find you. You'll need a screen name. This name can be anything that represents you as long as it is not your real name. Make sure you start up a separate email account for your online dating sites.

Once you've determined that you've met someone you really like, you're probably going to want to meet him or her in person. This is usually the next step. I hope that by this time, you've known the individual for a while and are confident they're trustworthy and whom they say they are. Always make sure your first meeting takes place in a public, preferably during daylight hours. After you've known each other longer, you can make other arrangements, but

always be safe first.