

Worksheets: Modern Dating

Summary

This page summarises the entire workshop that these worksheets were used in. You can also find it through Notion here: <https://rainbow-action-0a0.notion.site/Worksheets-Modern-Dating-1365d8960b2a80a28829e981945daea3>

The Problem

If you're not good at selling yourself you aren't going to get any matches, or bad matches. Your dating profile is a marketing document, in the same way your LinkedIn profile and resume are marketing documents. You use these documents to sell yourself to potential "buyers". A buyer in this case is a woman looking to date.

How am I beating most men on the dating market? By providing women with a superior dating experience. I believe being super attractive as a man is a handicap because most women will assume you're drowning in likes from other women. Gorgeous women don't want the stress of feeling like they have to compete on looks.

I excel at selling myself on the dating market. It doesn't matter that I'm a skinny dude and average looking. I know what women want and how to communicate my value. The women you wish to date respond to certain markers that align with her ideal version of a partner. I call them "markers of attraction".

Let's say that she's really into fitness and you are too. What would you need to include on your profile to make sure she says yes to you? What "markers" would communicate to her that you are an amazing partner for her? You can't just include pictures of you at the gym. Why is that?

People make mostly unconscious connections. She might think you're a meathead with no substance if you only include pictures of you at the gym or half-naked. No high value woman would choose to date you if that's what's on your profile. Having a good body is just the bare minimum for them.

Single women are by far the happiest group. Most men have nothing of value to offer high value women. You're not competing with other men. You're competing with her peace and happiness. It's your job to ensure you're providing her with an amazing experience.

Women live in a high-risk world where their odds of getting hurt are high. We will employ a "de-risking" strategy to help your dates feel like you're a safe bet. We then use proven marketing techniques to communicate your worth. You can't do any of this without first knowing who you are.

Reflecting on our values is the best way to learn more about ourselves.

Understanding your personal values

Identifying your personal values makes it easier to create your profile and find your person. Let's say that you want children, but she doesn't, because *she values her career and freedom more*, then she's not for you. By having a solid grasp of what it is you value, you narrow the search for a partner who would make a good match.

Remember to stop using the "shotgun approach" to swiping. The only thing you're communicating with that strategy is that women aren't valuable beyond their flesh; that they're all interchangeable. Nobody wants to be objectified. I recommend you stop swiping entirely. Let women swipe on you first.

Keep your list of values handy while constructing your profile in the next section.

1. Identify 3 to 5 core values that would shape your relationship. **Use the worksheet "Value Discovery" to get an idea of what might fit you.**
2. Reflect on your values. How would they impact your choice of partner? For instance, if you're a gamer who spends most of his time at home, would it be wise to date someone who is very adventurous?

You need to go through this process several times (!). I reflect on my values at least twice a year. I suggest you do the same.

Anatomy of an Amazing Dating Profile

1. Your first picture should be your best one, otherwise she will not stop to look at the rest of your profile. I recommend hiring a professional to highlight your best features. Your picture should conform to a certain

standard. The best way to tell if you have met this standard is to ask your female friends. Your picture should either 1) highlight a physical feature or 2) a hobby (except hobbies that don't play well with most women — like fishing). The best performing profiles have pictures that either show creativity (e.g. collages) or were taken by a professional. Think about what it is you would like to highlight. **Use the worksheet "Hobbies" to identify which hobbies are perceived as most attractive.**

2. On Bumble there's space for a Bio. Think of it as you introducing yourself for the very first time. Your introduction needs to consist of three parts: a hook, icebreakers (conversation starters), and a value proposition (the benefits of dating you).
 - a. A hook fits your personality. It is usually something that your partner will find valuable. Let's say you want to be a dad and you're funny. Then opening with a dad joke would be a good idea. **Use the worksheet "Hooks" for more ideas.**
 - b. Think of conversation starters. Examples include things you like talking about or things you enjoy working on.
 - c. Think of your value proposition. What are you offering her when she enters a relationship with you? **Use the worksheet "Traits of a high value man" to choose your best qualities.**
3. Prompt engineering. I recommend using 2 types of prompts. The first type is a "value description" prompt. Choose a prompt where you can talk about your values. Use the final two prompts to talk about what life would be like with you. Here's an example group:
 - **"I am known for (being) ..."** It doesn't have to be this prompt, it can be anything, as long as you talk about your values.
 - **"The best way to spend my day off is..."** You should paint a picture of how amazing life would be with you in it. Talking about your day off gives her an excellent idea of what life would be like with you when you're in a relaxed state.
 - **"I'm looking for someone who..."** You can use this space to show that you're playful/fun. This is a chance to talk about the type of partner you're looking for, but don't be negative. Don't list an arbitrary list of physical traits. If this description fits her then it tells her you're probably not a waste of time.

You'll have to open the app and select the prompts you think align with the 2 types of prompts that paint a picture of life with you.

Worksheet: Traits of a High Value Man

A high-value man contributes to the world around him, acts with love and integrity, and takes care of his mind and body. He understands that his influence is limited to the people around him. He thinks global, but acts local. High value women do not care about your dick, because dicks are not in limited supply. There's an abundance of dicks out there. What *is* rare and valuable?

Emotional Intelligence

You must learn to respond with clarity and integrity. You can't do that without developing self-awareness. Emotionally intelligent men understand the world women face. Women are constantly objectified. Porn is characterised by violence towards women; it's mostly degrading, physically hurtful, and demeaning. It's rarely about female pleasure, but rather male pleasure. Dating isn't appealing to most women. They risk getting raped, getting hurt physically and emotionally, and are unlikely to leave the date sexually satisfied.

Understanding how women experience men in this world is key in developing the skills necessary to become a high value man. You can't do that without developing a set of skills tied to emotional intelligence. Here's my list of skills that I'd like you to focus on:

1. **Trustworthiness** – Without trust your partner won't feel (emotionally) safe with you. Be a man worthy of her trust.
2. **Empathy** – Without empathy you won't be able to respond to your partner's emotional needs.
3. **Self-awareness** – Without self-awareness you will not be able to respond to her needs. You'll make everything about you and your needs.
4. **Kindness** – Showing consideration and care is a game-changer. If you can be kind even while angry you're an exceptional partner.
5. **Honesty** – Open, truthful communication prevents misunderstandings and builds trust.

6. **Conflict resolution** — Learn how to handle conflict with composure, focusing on resolution rather than escalation.

These are all skills that you can practice on your own. Let's dive deeper into Conflict Resolution.

Communication Skills

You can't resolve conflicts if your communication skills are poor. If you can't express yourself clearly you will create fertile ground for drama and conflict. These are skills you can learn to master. They are not innate. You want to go beyond just being good at resolving conflicts. You want your partner to feel *seen*. This means being able to listen to your partner without judgement. Focus on these skills:

1. **Active Listening** – Genuinely listening without planning a response is a rare skill that makes your partner feel valued.
2. **Clear Expression** – Articulating thoughts and needs in a clear way reduces confusion and lowers the odds of drama entering your life.
3. **Non-defensive Communication** – Accepting feedback without immediately reacting defensively is essential for trust to form. You can't connect emotionally without it.
4. **Positive Reinforcement** – Show appreciation and affirm your partner's views.

Love is appreciative, remember that. Your communication should mostly revolve around you appreciating her presence, efforts, and contributions. Whenever conflict arises, you must do so without anger dominating the conversation. Respond with kindness, do not react with anger. Let's look more closely at relationship dynamics.

Interpersonal Skills

What does an amazing relationship look like? High value men are:

1. **Supportive**. — Life offers many challenges, a supportive partner in times of need is an incredibly unfair advantage in life.
2. **Adaptable** – Relationships evolve. Bodies change. If you don't focus on the evolving nature of connection you're going to have a bad time. You must approach change with curiosity.

3. **Funny** – If you're able to laugh at life's absurdities you gain in attraction. It reduces stress for both partners.
4. **Respectful** – Valuing each other's differences fosters a balanced partnership.
5. **Patient** – Be patient with your partner as she figures things out. This means setting aside your own needs at times. Don't mention any of that to her. You'll get *reverence* in return.

That's it as far as relationship dynamics go. Do all of that and you're in the 0.1% of men. Remember, most men don't even see women as a true equal, but rather as a means to an end (a body to stick a dick in). That is the reality that most women face. That makes it easy to stand out for men willing to put in effort. Let's have a look at what other qualities high-value men possess.

Purpose and Drive

Identify a *purpose* for yourself. I do not believe everyone was born with a purpose. A high value man understands that the true beauty of mankind is our ability to create a destiny for ourselves. Set your own "north star" and go after it. Focus on connection and offering value, the money will follow. Deal with the setbacks with detachment, embrace challenges as opportunities and you'll do amazing. Having *drive* is incredibly sexy to high value women. Being able to self-motivate is also an incredibly helpful tool in creating your own happiness every day.

Responsibility

There are far too many out there who never take any responsibility for themselves.

Women are *done*. They're done with men treating them like shit. They're organising, building careers, and leaving men behind. You aren't competing with other men. You're competing with a woman's peace and independence. High value men don't take offence to any of this. They listen to women, they see themselves as part of the solution, not the problem. They understand how to be an ally, and take responsibility for their own thoughts, feelings, and actions.

You must learn how to accept fault and apologise. First you identify the pain you caused. Then you communicate that you understand how your actions hurt your partner. And then you lay out a plan to minimise the odds of that pain ever

occurring again. It's not rocket science, but it's somehow difficult for a lot of men to accept fault. Being able to do this helps women feel emotionally safe with you, they'll share more, enjoy being with you more, and drop their panties more often.

Boundaries

High-value men understand that boundaries are about *them* not others. The average man thinks they can say things like, "You're not allowed to go out with your friends because it makes me uncomfortable." Enforcing boundaries means that there are consequences for things you can't accept. For instance, if your partner cheats, you leave. If your partner starts yelling, you remove yourself from conversation (or break up). But somehow men think that means you can tell your partner what to do. Communicating your boundaries isn't about control, but a conversation about your feelings. If your partner changes plans last minute and you say that it bothers you, then you should be offering a way forward that involves both of you. For instance, "In the future, can we plan ahead together so I don't have to feel so stressed?" It would be controlling to say, "You're not allowed to do anything without telling me first." Boundaries are about protecting yourself, they aren't about restricting someone else. Understanding the distinction makes you a high value man.

Confidence

Women dislike boastful men. They dislike men who talk about how much money they earn, or their achievements. High value women love men who are confident but humble. Men like that don't require external validation. They feel secure in their achievements. Their money is just a tool for living a fun and meaningful life. They understand there is always room for growth. They uplift others, celebrate other people's successes, and they don't feel threatened by another man's achievements.

Resourcefulness

Women want you to be proactive when you're faced with challenges. They dislike men who whine and dwell on their problems. It's fine to talk about your challenges, but they also want to feel like you're actively working on them. For instance, if you have mental health issues, that's fine, but if you're unwilling to go to therapy to get treated for it then you lose value. You gain in respect if you choose to say that you're in need of help. Women want a partner they can rely on in times of need, so you must be willing to do the work necessary to

become a reliable partner. You value self-improvement, always seeking to grow mentally, emotionally, physically. You understand that your daily focus should be on self-care, everything else follows from that.

Compassion

A high value man understands the value of compassion. He understands that everyone suffers. He mentors, inspires, and uplifts those around men, never judging them for struggling. He shows kindness towards animals, the sick, the poor, and chooses to fight for them. He's committed to making the world a better place through his compassion. If you need a good example of compassion, look at Princess Diana and her work.

Financial Responsibility

And finally, a high value man takes ownership of his finances. He invests in the future and spends his money wisely. Women hate men who are not responsible with money. Money is one of the biggest drivers of relationship unhappiness. Your relationship with money is a reflection of your broader values. It's a tool to create stability, freedom, and opportunity. It's not a measure of self-worth. He understands that money is important, but that happiness comes from within. Wealth is measured in the quality of your relationships and your freedom to create. Happiness stems from *action*, not some external state.

Final words

Life consists of work. That's all it is. The better you are at doing the work, the happier you'll be. Teach other men by being a good role model for them. Men in general don't have enough good role models in life. Human beings are copy machines. That's why men on average aren't good at being in relationships and why they're struggling so much. We lack good role models. Women on the other hand have been teaching each other how to excel. They organise and lift each other up. Men on the other hand try to outcompete each other. Don't look at men as your competition. It won't lead to anything good, as is evident by the state of today's world. Treat your peers with respect, help them out whenever you can, and never look down on them. Invest in male relationships. Look towards women for guidance and uplift and support one another.

Take all of the above in consideration, act accordingly, and we'll all be drowning in pussy.

Worksheet: Value discovery

I simply used ChatGPT to create this list. I highly recommend sitting down with ChatGPT to do "value discovery" work. You can simply ask ChatGPT, "Hey I would like to discover what my values are. Help me out."

1. **Honesty** – Being truthful with oneself and others; valuing transparency in communication.
2. **Respect** – Treating others with consideration and expecting the same in return.
3. **Empathy** – Valuing emotional understanding and compassion for others' experiences and feelings.
4. **Growth** – Seeking personal and relational development, always striving to improve.
5. **Trust** – Believing in a partner's reliability, and creating an atmosphere of security.
6. **Open-Mindedness** – Being receptive to new perspectives, experiences, and ideas.
7. **Independence** – Valuing personal autonomy and space, while balancing togetherness.
8. **Commitment** – Dedication to building and nurturing a relationship.
9. **Adventure** – Embracing new experiences and spontaneity, whether through travel, hobbies, or shared activities.
10. **Authenticity** – Being true to oneself and valuing genuine interactions.
11. **Communication** – Prioritizing open, honest, and constructive exchanges of thoughts and feelings.
12. **Intimacy** – Valuing closeness and vulnerability in a relationship, both emotionally and physically.
13. **Kindness** – Treating others with warmth, patience, and care.
14. **Boundaries** – Knowing and respecting personal limits and those of a partner.

15. **Family Orientation** – Placing importance on family, and envisioning a future that includes family life.
 16. **Loyalty** – Valuing faithfulness and support in a committed partnership.
 17. **Humor** – Finding joy and lightness in life; the ability to laugh together.
 18. **Curiosity** – Having a desire to understand a partner deeply and learn continuously.
 19. **Forgiveness** – Practicing the ability to move forward from mistakes with compassion.
 20. **Stability** – Valuing reliability and security in a partner and the relationship.
 21. **Equality** – Ensuring that both partners have equal influence and respect within the relationship.
 22. **Self-Respect** – Maintaining one's dignity and ensuring that needs and values are honored.
 23. **Positivity** – Keeping an optimistic and hopeful outlook in the relationship.
 24. **Spirituality** – Seeking a shared or compatible sense of meaning, purpose, or beliefs.
 25. **Supportiveness** – Being there for one another, encouraging each other's goals and dreams.
 26. **Physical Health and Wellness** – Valuing a healthy lifestyle and supporting wellness for oneself and in the relationship.
 27. **Ambition** – Seeking growth, achievement, and purpose in life, and in a partner.
 28. **Vulnerability** – Embracing openness and the ability to be deeply seen and known by one another.
 29. **Flexibility** – Being adaptable to change and open to compromise for the relationship's benefit.
 30. **Integrity** – Upholding one's moral principles and expecting the same from a partner.
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Worksheet: Hooks

- **The Dad**

Example: ""Why do skeletons never start a fight at a party? Because they don't have the guts! If I made you laugh you owe me a swipe. 😊" This is a decent dad joke that might work with women who want to become mothers. Funny is universally attractive.

- **The Unexpected**

Example: "What's the most ridiculous thing you've ever done on a dare? I kissed a dude on a dare when I was 17, and liked it." This might resonate with bi-women.

- **The Quirky**

Example: "Fun fact: I can name every flavor of ice cream at my local shop. Let's go for ice cream? Yes, please, now? Thank you."

- **The Restless**

Example: "Ask me anything about sustainable travel—I've got crazy stories! 🌍 . Let me tell you about that time when I met the Dalai Lama."

- **The Romantic**

Example: "I only swipe right if I think you'll inspire art." This one has worked for me personally.

- **The Thinkers**

Example: "Would you rather explore the mysteries of the ocean or the stars?." This might work with women who hate small-talk.

- **The Sweet**

Example: "If you're into long talks, warm hugs, and cooking dinner together on a rainy night, we'll get along just fine." — This might work with women who are reserved and gentle.

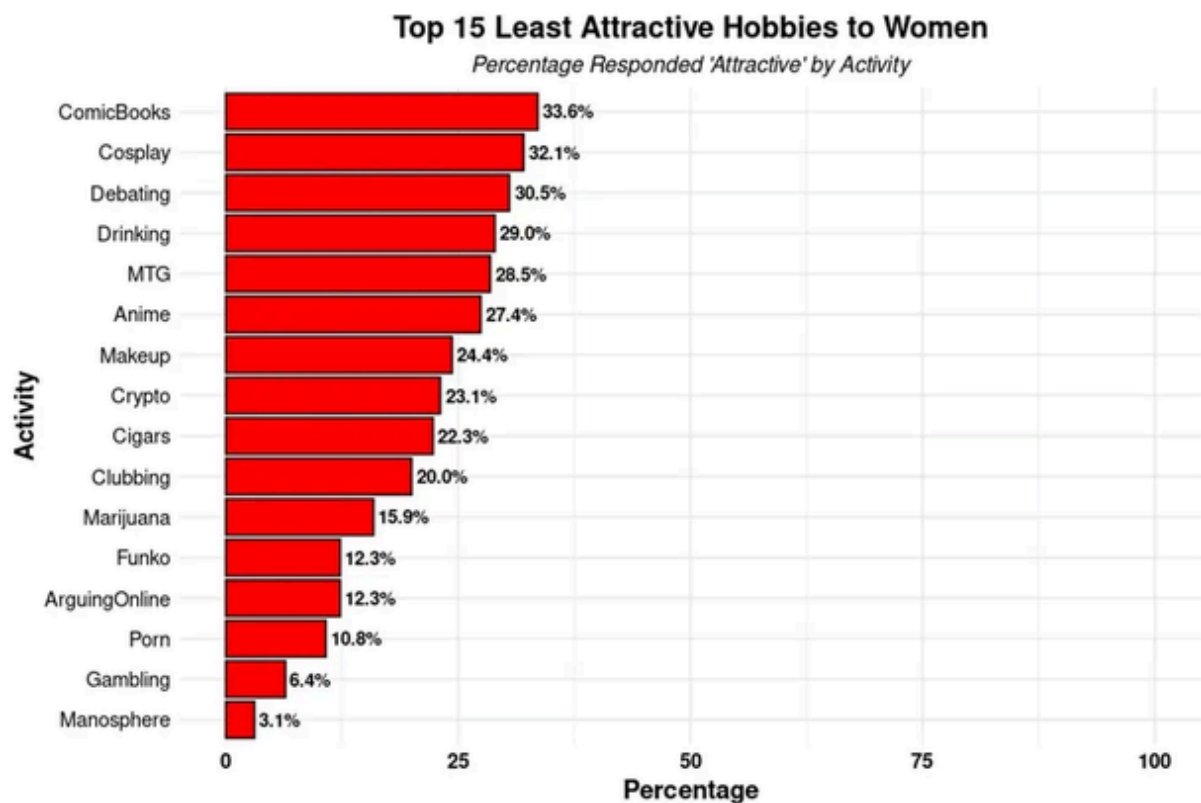
- **The Autist**

Example: "Did you know octopuses have three hearts? Ask me anything about octopuses!" — This would work with women who are autistic. They understand what it means to have hyperfixations and enjoy talking to people who can "info dump".

- **The Dreamers**

Example: "Fighting for a better humanity." This would work if you include in your Icebreakers section exactly what you're doing to make life better for people. This would appeal to the idealists.

Worksheet: Hobbies



Top 15 Most Attractive Hobbies to Women

Percentage Responded 'Attractive' by Activity

