



About Me

Module Four Worksheet

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About Me

In the “About Me” section of your profile, your goal is to provide a “movie trailer” preview of how awesome it is to date you. Follow this worksheet to create a profile that oozes the kind of confidence that great men can’t resist!

Step 1. Grab your I Like Myself Game worksheet from Module 1, and refer to it as you draft your profile. Remember: no TOXIC modesty! You are an incredible woman, and it’s okay to let that shine in your profile.

Step 2. To start your profile, write “Hi! I’m _____”

Step 3. Craft the five necessary sentences for your profile. To review, here are the five sentence examples.

Sentence 1: What do you love to do? Paint a picture of you grabbing life by the horns.

Use juicy, active language for this sentence. You are literally dropping the reader right into the middle of your story.

“The air tastes better at 5000 feet.” NOT “I’m a rock climber.”

“I’ve memorized every line of The Big Lebowski.” NOT “I love funny movies.”

Sentence 2: The passion and cause that you care deeply about.

If you didn’t have to work, what would you happily dedicate your life to? Remember, even though you love them fiercely, this is NOT about your kids.

“If I had \$10 million, I would build a giant animal shelter.” NOT “I like animals.”

Sentence 3: What part of your work/money/career are you are most proud about?

Focus on the positive, and never give that “my job sucks” impression. If you really do hate your job (or are currently not working), you can leave this sentence out of your profile.

“I swim in numbers all day at work, I can balance a checkbook with my eyes closed.” NOT “I’m an accountant.”

“Keeping future CEOs from getting paste up their nose is how I spend my days. I go home exhausted, happy, and eager for conversation with a grown-up!” NOT “I’m a 2nd grade teacher.”

Sentence 4: What do you like best about your looks or personality?

Talk about the best thing about you, or your super power. It’s OKAY to brag a little bit!

“My favorite part of my body is my eyes. I’ve never lost a staring contest.”

“My friends say I’m the most loyal person they’ve met. Once you are in my tribe, I’m on your side forever.”

Sentence 5: Something surprising and totally unique about yourself.

Share something random or funny... and build in that curiosity hook at the end! The curiosity hook makes it intriguing as well as very easy for a guy to email you.

“The President of the US once spilled a drink on me. If you are lucky, I will tell you that story.”

“There are three things that surprise people about me. The first is I’ve never eaten peanut butter. The third is I can do eerily accurate bird imitations. You’ll only find out the second if I think you are interesting :)”

Step 4. Write four examples for each of the five sentence types.

Something you LOVE to do and have fun doing in your free time:

Something you care deeply about, your favorite cause or passion:

What you are proud of about your work:

One of the BEST things about your looks or personality:

Something surprising about you. Remember to use a curiosity hook here!

Step 5: Now select the best from each list.

Choose the best sentence from your lists of the five sentence types. Put them together, and you've completed the hardest part of your online profile!

CONGRATULATIONS! Now, move on to the next worksheet to create the About Him section. You're nearly finished.