



# **Profile Transformations**

## **Module Four Worksheet**

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# Profile Transformations

Let me show you how I can take a lame (and scary) profile and turn it into an alluring man magnet!

## Profile Example #1:

### Before:

*Headline: No Booty Calls or Players*

*I have kids and they are #1 in my life...and we are a packaged deal..so don't respond if your not into kids and family life style...i want to find an old fashion guy who still opens my car door and believes in true love. I am looking for someone geniune and likes to have fun and be spontaneous but can be happy at home watching a movie! I love to eat and cook so I would like to find the same kind of person. I enjoy the outdoors and spending time at the beach, hiking, camping etc. I've volunteered at the Seattle Aqarium. I want to start working out but need a motivator and workout partner. I like to go on runs and would like to start biking. I am Italian, Irish and Ukrainian so I am a handful ;) I like what I like and have no problem speaking my mind so if your up for the challenge send me a email. ps I do not like smokers so if you do please do not bother to send me a email. I love tattoos and someone who takes care of themselves and drama free would be a plus and please no players. I have meet some real idiots.so if your a truly looking for a friendship/relationship then send me a email. i am not on here for someone just looking for a piece of tail so move forward if that's what you want.*

When you start out by saying your kids are the most important thing in your life, a guy immediately if he could even come in second, or whether there's room for him at all. Remember, your online dating profile is about YOU. And not taking a minute to check your spelling and grammar but saying you've met GUYS who are dumb? Well, who's the pot and who's the kettle here?

**After:**

*Headline: Spontaneous, Outdoorsy, Sassy Lady*

*Inhaling the salty sea air while on a run or roughing it while camping and marveling at nature is how I appreciate the amazing lifestyle of the Pacific Northwest. I'm passionate about preserving the beauty and habitat of our local beaches and sea life and donate my time to that cause through volunteer work. By day, I peddle delicious wines to some of the sommeliers in the best restaurants in town. . . by night, I unwind by whipping up delectable Italian and Ukranian dishes from my family stash of old world recipes. My favorite part of my body has to be my lean, strong legs. In fact, I was the undefeated 50-yard dash champion five years in a row at my elementary school. Can I challenge you to a sprint? ;)*

*You are well-versed in family values and chivalry, even though you have a tattoo (or three). You take pride in your fitness and health but aren't totally obsessed with it either since eating great meals is something you totally enjoy. Bonus points if you like cooking great meals! You may not have a membership to MENSA, but your quick wit and abundance of common sense makes people consider you somewhat of a smarty-pants.*

*You should send me an email if you are willing to answer this: what is your favorite pasta dish and what wine would you pair it with?*

## **Profile example #2:**

**Before:**

*Headline: Tired of Doing Things By Myself*

*I'm beautiful, confident, intelligent, funny, healthy (mentally & physically), drama-free, open and honest. I'm looking for new friends that have the same qualities.*

*I have no problem doing things by myself, I am just tired of doing everything by myself: vacations, movies, etc.*

*DRAMA FREE ZONE!*

*This means honesty, communication, fun. It doesn't include jealousy, stalking, crying (except from laughter), seeing each other every day. I want to date. You know that old fashion dating thing—ask, make plans, anticipation, etc. I have a life, you should to and be willing to share some of it (if you share all of it, then what will we have to talk about?).*

*A couple of things that you should know – I don't hook up, I don't call men first. If you want to communicate outside of POF, ask me for my number (not such a good idea in the first emails though), I'm not interested in long drawn-out email, text, etc communication – I prefer to meet in person. I tend to respond to pictures with smile or at least a smirk.*

*My favorite books, movies, music, and food*

*Books: Anything by: Laurell Hamilton, Kim Harrison, Charlene Harris, Kelly Armstrong, Iona Andrews*

*Movies: The Big Blue, Reign of Fire, Hobbit, Clueless, Legally Blonde*

*TV Shows: GLEE, Bones, Anarchy, Justified*

*Music: Bob Schneider, Sublime, Nickleback, Cage The Elephant*

*If you ask me out, you need to plan something!*

Whoa, this lady sounds super negative and demanding. What she's after in a mate isn't all doom and gloom, but she's describing it all in a not-fun way. See how I put a more positive spin on things.

**After:**

*Headline: Sci-Fi Bookworm with a Devilish Smile*

*Soaking up the sun poolside at a resort and losing myself in the latest in the Hollows series is my idea of bliss. Traveling and reading are two of my biggest passions... so I combined it with a third: improving literacy rates by volunteering in the local library's reading program. Keeping track of expense reports and travel itineraries for four busy sales executives is my 9-5 gig. I take pride in managing their ever-changing schedules and priorities with a calm demeanor. If you ask me, my best trait is my dry sense of humor. It comes in handy both at work and in play! I once helped a friend with a photoshoot that went*

*horribly wrong. Maybe I'll tell you how my sense of humor got me out of that mess sometime ;)*

*You appreciate and possess a spirit for adventure and own a passport. You enjoy romance and delight in planning a fun outing. You are confident in communication and believe in living life to the fullest. You understand that each person in a relationship should have independent hobbies and pursuits, yet you look forward to discovering new interests together.*

*If this sounds like you, I'd enjoy an email from you with an answer to this question: what book have you read recently that had a profound impact on your life?*

## **Profile #3:**

### **Before:**

*Headline: Wild child looking for a reformed bad boy*

*I know I may look a little wild, and believe me I am! But I am also very kind hearted and very easy to get along with as long as you're not a total jackass!! I want a best friend, lover (lots and lot of that, please!) and partner in life! I need the balance of family time and separate time with friends or partner. I would love another kid and am not willing to let that go quite yet. I still have a few good years left. And enjoy the "practicing" haha ;) I have two rescue dogs (a pit whippet and a chihuahua terrier), also a cat that showed up and adopted us. Must love animals!! I'm not giving up on love! I want it!!!! P.S. I'm a Leo, not a Cancer, and I'm pretty true to what they say about Leos. If you're into that sorta thing! ;) I should also say that if I don't message you back it just means that I'm not interested, probably due to attraction or differences in wants or needs. Please don't take offense ;)*

This woman has a lot to offer but she's probably attracting a lot of the wrong guys by putting in too many sexual references.

**After:**

*Headline: Fierce on the outside, sweetheart on the inside ;)*

*Roaring down the highway in my 1949 Cadillac, Metallica blaring, and the wind whipping through my hair is one of my perfect escapes! I'm a girly-girl but I love my tattoos and tending to my "baby," the '49 Cadi. While my outward appearance is a bit wild, I'm quite sweet and tender-hearted. Rescuing animals is one of my huge passions and I spend a lot of time volunteering at the shelter and having fun with my two rescued pooches. My blazing green eyes are my most remarked upon feature. You can generally tell my mood by the fire in my eyes... I've been told they twinkle a deep emerald when I'm happy ;)*

*There are three things that many people find surprising about me. The first, I once won a chili contest with a vegetarian chili that even the meat-eaters drooled over. The third, I can change the oil in my car and not chip my manicure. I will tell you the second surprising fact if you write me an interesting enough email ;)*

*You appreciate a chick with ink and probably have a few tats of your own. You MUST love animals! You believe in balancing time between family, friends, and your partner. A couple need not be joined at the hip 24/7. You are easy-going yet take a stand on the issues you deem important. You can throw back a Jack and Coke (or whatever your drink of choice is), but you know your limits and keep it responsible.*

*To get my attention, send me an email with your answer to this question: if a genie could grant you three wishes, what would they be and why?*

## **Profile #4:**

**Before:**

*Headline: Looking for my happily-ever-after man!!!*

*I enjoy spending time with family and friends. camping I have several hobbies such as camping, boating, hiking, movies, traveling, taking pictures, reading, learning new things, meeting*

*people, animals, football, races, sports, horseback riding, sledging, skiing, atv, motor vehicles and so much more.*

*I am easy going and enjoy pleasing others. I am very caring, honest and loving. I like to laugh and have fun.*

*I live every day like it's my last. I've been single for many years and am ready to share it with someone who is looking to get married and share a life with me. I have always considered myself to be "wife material" and look forward to spoiling my husband.*

*I have so much to give. I do have children and I know that a loving future husband/father figure is out there searching for me.*

It's fine if marriage is ultimately what you are looking for, but remember, the point of your profile is to just hook the interest of a potential date and get him to email you. Talking about marriage in your profile is a no-no. When you appear to have already chosen your wedding dress and are just waiting for a guy to take you to the chapel, you repel the good ones and attract the scammers!

**After:**

*Headline: Happy camper seeks football fan*

*Whipping up a hearty meal over a campfire, swooshing down the hill covered in pristine powder, or wildly cheering a TD from the stands. . . I am a woman who lives an active life! I am committed to bettering my community. Each year I volunteer on the fundraising drive to collect food, clothing, and money for a local woman and children's shelter. An Army soldier first and nurse second, I tend to my fellow soldiers when they aren't well. It is an honor and a privilege to serve my country this way! My best features are a tie. My friends say it's my honest and caring nature. But I get compliments from people every day on my long, shiny hair. However, I once made the mistake of volunteering as a model in a hair show. Let's just say the end result was a hair DON'T. I only show the photo to a select few, maybe you'll get the honor (but you can't laugh too much!).*

*You are a man with a deep sense of pride in his country. You enjoy sports and living an active lifestyle. Your values fall on the more traditional side of the spectrum yet you appreciate a woman who is steadfast in her own beliefs.*

*If this sounds like you, please send me an email! And in your email, tell me your predictions for the SuperBowl this year and why ;)*