

FIRST DATE CHEAT SHEET:

- ✓ Get to the location early. Scope it out, find a table, get comfortable.
- ✓ Stand up when your date arrives and wait as she walks toward you.
- ✓ Be attentive. Pay attention to detail.
- ✓ Make plenty of direct eye contact. Don't look around, look at her.
- ✓ Share things about yourself but keep it brief.
- ✓ Don't be negative or critical.
- ✓ Don't talk about your exes.
- ✓ Be curious and ask questions, but don't interrogate her.
- ✓ Make fun of yourself. Tell her an embarrassing story.
- ✓ Don't try to impress her.
- ✓ MAKE HER LAUGH.
- ✓ Practice the 3 Ts.
- ✓ Breathe. Relax your shoulders.
- ✓ Smile.
- ✓ Give yourself permission to make mistakes.
- ✓ Imagine the best.
- ✓ Be yourself.
- ✓ Have fun.
- ✓ If you have the impulse to kiss her, don't ask. Just go for it.