



## RESOURCE 2.2

# CREATING YOUR DATING ACTION PLAN

HVL Connect Client Resource

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## ABOUT THIS RESOURCE

**Purpose:** This resource helps you create a clear, actionable plan for dating with intention, awareness, and strategy.

### When to use this:

- You're ready to start dating (or date differently)
- You want to date with purpose and clarity
- You're tired of wasting time on wrong people
- You want a strategic approach to finding a partner
- You've completed pattern work and are ready for action
- You want accountability and structure

### What this resource provides:

- Clarity on what you want and need
- Dating goals and timeline
- Strategy for where and how to meet people
- Profile and presentation guidance
- Boundary and standard-setting tools
- Action steps and accountability

**Prerequisites:** Complete Resource 2.1 (Dating Patterns Discovery) first for maximum benefit.



# INTRODUCTION: WHY YOU NEED A PLAN

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## Dating Without a Plan

### MANY PEOPLE DATE WITHOUT INTENTION:

#### They:

- Swipe randomly on apps
- Say yes to anyone who asks
- Hope to "just meet someone"
- React instead of choosing
- Have no clear criteria
- Waste time on wrong people
- Feel frustrated and exhausted

**Result:** Disappointment, burnout, wrong relationships

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## Dating With a Plan

### DATING WITH INTENTION MEANS:

#### You:

- Know what you want and need
- Have clear criteria and standards
- Choose strategically where to invest time
- Date with purpose and awareness
- Set boundaries and honor them
- Evaluate compatibility early
- Stay aligned with your goals

**Result:** Efficiency, clarity, better matches, healthy relationships

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## Your Dating Action Plan

### THIS PLAN WILL HELP YOU:

- Get clear on what you want
- Identify where to find it
- Create strategy for meeting people
- Present yourself authentically and attractively
- Set and maintain boundaries



- Evaluate potential partners
- Stay accountable to your goals

**This isn't about manipulation or games. It's about intention and strategy.**



## PART 1: CLARITY - WHAT YOU WANT

### Your Relationship Vision

**BEFORE YOU CAN FIND IT, YOU NEED TO SEE IT.**

**Close your eyes and imagine your ideal relationship 1 year from now.  
Describe what you see:**

**How do you feel in this relationship?**

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**How does your partner treat you?**

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**What does a typical day look like together?**

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**What are you doing together?**

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**What makes this relationship fulfilling?**

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## What You're Looking For

### RELATIONSHIP TYPE:

#### What are you looking for?

- ☐ Serious relationship leading to marriage
- ☐ Committed long-term partnership (not necessarily marriage)
- ☐ Exclusive dating to see where it goes
- ☐ Casual dating (not looking for serious commitment)
- ☐ Not sure yet (exploring)

**Be honest. There's no wrong answer, but clarity matters.**

#### Your answer:

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#### Timeline for this goal:

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### DEAL-BREAKERS (NON-NEGOTIABLES):

#### *What are your absolute must-haves?*

**These are non-negotiable. Without these, the relationship won't work.**

#### Examples:

- Wants children (or doesn't want children)
- Shares my faith/values
- Emotionally available and healthy
- Financially stable
- Lives in my area (or willing to relocate)
- Wants marriage
- No active addiction
- Kind and respectful

#### Your deal-breakers:

1. 

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2. 

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3. 

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4. 

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5. \_\_\_\_\_
6. \_\_\_\_\_

**These are your foundation. Don't compromise on these.**

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## CORE VALUES:

### What values must you share?

#### Examples:

- Family
- Faith/spirituality
- Honesty and integrity
- Personal growth
- Adventure
- Financial responsibility
- Health and wellness
- Community/service

#### Your core values:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Shared values create lasting compatibility.**

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## IMPORTANT QUALITIES:

### What qualities are very important (but not absolute deal-breakers)?

#### Examples:

- Sense of humor
- Intelligence
- Ambition
- Affectionate
- Good communicator
- Adventurous
- Stable/grounded
- Creative



- Athletic/active
- Social/outgoing

**Your important qualities:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

**These matter, but you have some flexibility.**

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**NICE-TO-HAVES (PREFERENCES):**

**What would be nice but isn't essential?**

**Examples:**

- Tall
- Loves to travel
- Enjoys same hobbies
- Similar political views
- College educated
- Certain profession
- Certain appearance

**Your preferences:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**These are bonuses, not requirements. Don't let these overshadow important qualities.**



**What You're NOT Looking For**  
**BASED ON YOUR PATTERNS (FROM RESOURCE 2.1):**

**Types I'm no longer choosing:**

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**Red flags I will not ignore:**

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**Behaviors I will not accept:**

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**Dynamics I will not repeat:**

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**What I will NOT compromise:**

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## Your Ideal Partner Profile

### PUTTING IT ALL TOGETHER:

**My ideal partner is someone who:**

**Values:**

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**Qualities:**

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**Lifestyle:**

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**Goals:**

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**Treats me:**

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**Makes me feel:**

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**Is looking for:**

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**Is NOT:**

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## REALITY CHECK:

### **Is this person realistic?**

- ☐ Yes, this describes a real, attainable person
- ☐ Maybe, but I might be too specific
- ☐ No, this is a fantasy or impossible standard

**If you checked "maybe" or "no," what can you adjust?**

**Remember:** You want someone wonderful AND real. Not perfect, but right for you.



## PART 2: READINESS - ARE YOU READY?

### Emotional Readiness Assessment

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#### RATE EACH STATEMENT (1-5):

1 = Not at all true, 5 = Very true

- ☐ I've healed from my past relationships
- ☐ I'm not looking for someone to "fix" me or complete me
- ☐ I'm emotionally available
- ☐ I have realistic expectations
- ☐ I'm willing to be vulnerable
- ☐ I can handle rejection without falling apart
- ☐ I'm not desperate or needy
- ☐ I have a full life outside of dating
- ☐ I'm dating from desire, not fear of being alone
- ☐ I'm ready to invest time and energy in dating

**Total Score:** \_\_\_\_\_ (out of 50)

#### SCORE INTERPRETATION:

##### **40-50: Ready to date**

You're emotionally prepared and in a healthy place to date.

##### **30-39: Mostly ready**

You're in good shape but may have a few areas to work on. Consider addressing these while dating.

##### **20-29: Proceed with caution**

You may benefit from more healing or personal work before seriously dating. Consider therapy or coaching.

##### **10-19: Not ready yet**

Focus on healing and personal growth before dating. Dating now may recreate old patterns.



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## IF YOU'RE NOT FULLY READY:

**What do I need to work on before dating?**

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**What support do I need?**

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**Timeline for getting ready:**

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**It's okay to not be ready. Better to wait than to date from a wounded place.**

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## Practical Readiness Assessment

### **DO YOU HAVE:**

- ☐ Time to date (at least 5-10 hours per week)
- ☐ Emotional energy for dating
- ☐ Financial resources for dates
- ☐ Transportation/ability to get to dates
- ☐ Childcare (if applicable)
- ☐ Living situation that allows dating
- ☐ Work-life balance that allows relationship
- ☐ Support system
- ☐ Self-care practices in place
- ☐ Clear schedule and availability

**If you checked most of these, you're practically ready.**

**If not, what needs to change?**



## Your Dating Boundaries

***BEFORE YOU START DATING, SET BOUNDARIES:***

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**How much time can you realistically invest in dating?**

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**How many dates per week?**

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**What days/times are available?**

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**What days/times are protected for other priorities?**

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## PHYSICAL BOUNDARIES:

***What are your physical boundaries for dating?***

**First few dates:**

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**Once exclusive:**

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**Before commitment:**

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**Your timeline for physical intimacy:**

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**Be clear on this BEFORE dating, not in the moment.**

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**EMOTIONAL BOUNDARIES:**

**How quickly do you typically get attached?**

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**What will you do to pace yourself emotionally?**

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**How will you protect your heart while staying open?**

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**What's your boundary around sharing personal information?**

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**COMMUNICATION BOUNDARIES:**

**How often do you expect communication?**

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**What's your boundary around texting/calling frequency?**

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**How quickly do you expect responses?**

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**What's your boundary around late-night communication?**

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### **DATING BOUNDARIES:**

**Will you date multiple people at once?**

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**When will you become exclusive?**

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**What behaviors are unacceptable on dates?**

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**How many dates before you decide if there's potential?**

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## PART 3: STRATEGY - WHERE AND HOW

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### Where to Meet People

#### ONLINE DATING:

##### Which apps/sites will you use?

- ☐ Hinge (relationship-focused)
- ☐ Bumble (women message first)
- ☐ Match.com (serious daters)
- ☐ eHarmony (compatibility-focused)
- ☐ Coffee Meets Bagel (curated matches)
- ☐ The League (professionals)
- ☐ Christian Mingle (faith-based)
- ☐ JDate (Jewish singles)
- ☐ Other: \_\_\_\_\_

##### Your top 2-3 platforms:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

##### Why these platforms?

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##### Time commitment to online dating:

\_\_\_ minutes per day swiping/browsing

\_\_\_ hours per week total

##### Boundaries around online dating:

- Will check apps: \_\_\_ times per day
- Will not check apps: \_\_\_\_\_
- Will take breaks when: \_\_\_\_\_



## IN-PERSON MEETING STRATEGIES:

*Where can you meet people in real life?*

### Through activities/hobbies:

- ☐ Fitness classes or gym
- ☐ Sports leagues (kickball, volleyball, etc.)
- ☐ Hiking or outdoor groups
- ☐ Book clubs
- ☐ Cooking classes
- ☐ Art classes
- ☐ Volunteer organizations
- ☐ Professional networking events
- ☐ Alumni events
- ☐ Other: \_\_\_\_\_

### Your top 3 in-person strategies:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Through social circles:

- ☐ Friends' parties and gatherings
- ☐ Ask friends to set you up
- ☐ Attend social events
- ☐ Say yes to invitations
- ☐ Host gatherings yourself
- ☐ Join friend groups or meetups

### Your social strategy:

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### Through community:

- ☐ Religious/spiritual community
- ☐ Community events
- ☐ Local festivals or markets
- ☐ Coffee shops or regular spots
- ☐ Dog parks (if you have a dog)
- ☐ Neighborhood events



## Your community strategy:

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## BALANCED APPROACH:

### Your dating strategy will include:

- \_\_\_\_% online dating
- \_\_\_\_% in-person activities
- \_\_\_\_% through social circles
- \_\_\_\_% through community

**Total: 100%**

### Why this balance works for you:

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## Your Online Dating Profile

### ***IF USING ONLINE DATING:***

### PROFILE PHOTOS:

#### **You need 5-7 photos that show:**

- ☐ Clear face shot (smiling, good lighting)
- ☐ Full body shot (shows your build/style)
- ☐ Activity shot (doing something you love)
- ☐ Social shot (with friends, faces blurred if needed)
- ☐ Dressed up shot (shows you clean up nice)
- ☐ Casual shot (everyday you)
- ☐ Fun/personality shot (shows your humor or interests)

#### ***Photos to avoid:***

- X** Group photos where you can't be identified
- X** Sunglasses in every photo
- X** Bathroom selfies
- X** Photos with ex (cropped out or not)



- X Photos from 5+ years ago
- X Overly filtered or edited photos
- X Photos with children (if not yours, or blur faces)

## PROFILE BIO:

### Your bio should:

- Be authentic and genuine
- Show your personality
- Include what you're looking for
- Be positive (not bitter or negative)
- Be specific (not generic)
- Include conversation starters
- Be 3-5 sentences or short paragraphs

### Bio writing prompts:

**What makes you unique?**

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**What are you passionate about?**

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**What do you love to do?**

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**What are you looking for?**

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**What would a perfect day look like?**

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**What's something interesting about you?**

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## DRAFT YOUR BIO:

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**Get feedback from friends before posting.**

## PROFILE PROMPTS (for apps like Hinge):

### Choose prompts that:

- Show your personality
- Create conversation starters
- Reveal what matters to you
- Are specific and interesting

### Examples:

- "I'm looking for someone who..." (be specific about values/qualities)
- "My ideal Sunday..." (shows lifestyle)
- "I'm passionate about..." (shows what matters)
- "Let's debate..." (shows personality and creates engagement)

### Your prompt answers:

**Prompt 1:** \_\_\_\_\_

**Answer:** \_\_\_\_\_

**Prompt 2:** \_\_\_\_\_

**Answer:** \_\_\_\_\_

**Prompt 3:** \_\_\_\_\_

**Answer:** \_\_\_\_\_



## First Message Strategy

### FOR ONLINE DATING:

#### When reaching out first:

- Reference something specific from their profile
- Ask an open-ended question
- Be genuine and friendly
- Keep it brief (2-3 sentences)
- Show you read their profile

#### Example:

"I saw you love hiking! What's your favorite trail in the area? I'm always looking for new spots to explore."

#### Your first message template:

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#### When responding to messages:

- Respond within 24 hours if interested
- Match their energy and length
- Ask questions back
- Move to phone call or date within 5-10 messages
- Don't pen-pal for weeks

#### Your response strategy:

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## From Match to Meeting

### MOVING FROM APP TO DATE:

#### Timeline:

- Message for: \_\_\_\_ days
- Then suggest: ☐ Phone call ☐ Video call ☐ Coffee date
- Meet in person within: \_\_\_\_ days/weeks of matching

**Don't wait too long. Chemistry is tested in person, not through text.**



## SUGGESTING A DATE:

### Your script:

"I'm enjoying our conversation! I'd love to continue this over coffee. Are you free this week?"

### Or:

"I think we'd have great chemistry in person. Would you like to meet for [activity] this weekend?"

### Your date suggestion script:

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## FIRST DATE IDEAS:

### Good first date options:

- ☐ Coffee (casual, low-pressure, easy exit)
- ☐ Drinks (relaxed, can extend if going well)
- ☐ Walk in park (active, can talk easily)
- ☐ Lunch (daytime, casual)
- ☐ Activity (mini golf, museum, etc. - gives you something to do)

### Avoid for first dates:

- X** Dinner (too long if not clicking)
- X** Movies (can't talk)
- X** Your place or their place (safety)
- X** Expensive or elaborate plans (too much pressure)

### Your go-to first date:

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### Your backup option:

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## PART 4: PRESENTATION - SHOWING UP AS YOUR BEST SELF

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### Authentic Presentation

**YOU WANT TO BE ATTRACTIVE AND AUTHENTIC.**

**Not fake or trying too hard. Just your best, genuine self.**

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### Physical Presentation

**APPEARANCE MATTERS** (not because you need to be perfect, but because it shows self-care and effort)

#### **GROOMING:**

- Hair styled and maintained
- Facial hair groomed (if applicable)
- Nails clean and trimmed
- Good hygiene (shower, deodorant, teeth brushed)
- Skin care routine
- Cologne/perfume (subtle, not overpowering)

#### **CLOTHING:**

- Fits well (not too tight or too baggy)
- Clean and wrinkle-free
- Appropriate for the date
- Shows your style
- Makes you feel confident
- Updated (not outdated styles)

#### **OVERALL:**

- Healthy lifestyle shows (sleep, nutrition, exercise)
- Confident posture
- Genuine smile
- Eye contact
- Open body language



## YOUR PRESENTATION PLAN:

**What I need to update or improve:**

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**What makes me feel confident:**

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**My signature style:**

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**What I'll wear on first dates:**

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## Emotional Presentation

***HOW YOU SHOW UP EMOTIONALLY MATTERS MORE THAN LOOKS.***

### **ATTRACTIVE EMOTIONAL QUALITIES:**

- ☐ Confident (not arrogant)
- ☐ Positive and optimistic
- ☐ Good listener
- ☐ Curious about others
- ☐ Sense of humor
- ☐ Emotionally regulated
- ☐ Authentic and genuine
- ☐ Warm and friendly
- ☐ Present and engaged
- ☐ Respectful

### **UNATTRACTIVE EMOTIONAL QUALITIES:**

- X** Desperate or needy
- X** Negative or bitter
- X** Self-absorbed
- X** Defensive or guarded



- X Oversharing too soon
- X Critical or judgmental
- X Distracted (on phone)
- X Talking only about ex
- X Complaining constantly

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## YOUR EMOTIONAL PRESENTATION:

### My strengths:

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### What I need to work on:

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### How I'll show up on dates:

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## Conversation Skills

### GOOD CONVERSATION IS KEY TO CONNECTION.

#### DO:

- ✓ Ask open-ended questions
- ✓ Listen actively (not just waiting to talk)
- ✓ Share about yourself (balanced, not dominating)
- ✓ Show genuine interest
- ✓ Find common ground
- ✓ Use humor appropriately
- ✓ Be present (not distracted)
- ✓ Follow up on what they share

#### DON'T:

- X Interrogate (too many questions without sharing)
- X Monologue (talking only about yourself)
- X Overshare (too much too soon)



- X Talk only about ex or past relationships
- X Complain or be negative
- X Be on your phone
- X Interview mode (feels like job interview)
- X Controversial topics too soon (politics, religion, etc.)

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## CONVERSATION STARTERS:

### Good questions to ask:

- "What do you love to do in your free time?"
- "What are you passionate about?"
- "What's been the highlight of your week?"
- "What's something you're looking forward to?"
- "Tell me about [something from their profile]"
- "What's your favorite way to spend a Sunday?"
- "What's something most people don't know about you?"

### Your go-to conversation starters:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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## TOPICS TO EXPLORE:

### Early dates (light and fun):

- Hobbies and interests
- Travel and adventures
- Food and restaurants
- Work (but not too much)
- Family (general, not too deep)
- Entertainment (shows, movies, music)
- Future plans and dreams

### Later dates (deeper):

- Values and beliefs
- Past relationships (what you learned)
- Life goals and vision
- What you're looking for
- Deal-breakers and non-negotiables



- Family dynamics
- Challenges and growth

**Don't rush the deep stuff. Build foundation first.**

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## Red Flags to Watch For

### WHILE DATING, WATCH FOR RED FLAGS:

#### BEHAVIORAL RED FLAGS:

- ❑ Disrespectful to servers or staff
- ❑ Rude or dismissive
- ❑ Talks badly about ex (bitter, blaming)
- ❑ On phone constantly
- ❑ Late without apology or communication
- ❑ Doesn't listen
- ❑ Interrupts constantly
- ❑ Dominates conversation
- ❑ Lies or inconsistencies in their story
- ❑ Pressures you (physically, emotionally)

#### EMOTIONAL RED FLAGS:

- ❑ Love-bombs (too much too soon)
- ❑ Hot and cold behavior
- ❑ Emotionally unavailable
- ❑ Defensive or reactive
- ❑ Can't take responsibility
- ❑ Victim mentality (everything is someone else's fault)
- ❑ Jealous or possessive early on
- ❑ Talks about moving fast (marriage, moving in, etc.)

#### LIFESTYLE RED FLAGS:

- ❑ Active addiction
- ❑ Unemployed with no plan
- ❑ Lives with ex
- ❑ Not over ex
- ❑ Chaotic or unstable life
- ❑ No friends or support system
- ❑ Isolated or isolating
- ❑ Financial irresponsibility

#### COMPATIBILITY RED FLAGS:

- ❑ Different life goals (kids, marriage, location)



- ☐ Different core values
- ☐ Different relationship timeline
- ☐ Deal-breakers present

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## YOUR RED FLAG RESPONSE:

**When I see a red flag, I will:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**I will NOT:**

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**Remember:** One red flag might be a fluke. Multiple red flags are a pattern. Trust your gut.



## PART 5: EVALUATION - ASSESSING COMPATIBILITY

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### Early Date Evaluation

**AFTER EACH DATE, EVALUATE:**

#### CHEMISTRY CHECK:

- ☐ Was there attraction? (physical, emotional, intellectual)
- ☐ Did conversation flow easily?
- ☐ Did I feel comfortable?
- ☐ Was there laughter and lightness?
- ☐ Did I feel like myself?
- ☐ Did time fly or drag?

**If no chemistry, it's okay to move on. Chemistry matters.**

#### COMPATIBILITY CHECK:

- ☐ Do we share core values?
- ☐ Do we want similar things?
- ☐ Are our lifestyles compatible?
- ☐ Do our communication styles work?
- ☐ Are we looking for the same type of relationship?
- ☐ Do I see potential here?

**If major incompatibilities, it's okay to move on. Don't force it.**

#### RED FLAG CHECK:

- ☐ Did I notice any red flags?
- ☐ Did anything make me uncomfortable?
- ☐ Did they respect my boundaries?
- ☐ Was anything inconsistent or concerning?
- ☐ What does my gut say?

**If red flags are present, proceed with caution or move on.**

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### OVERALL ASSESSMENT:

**Do I want to see them again?**

- ☐ Yes, definitely
- ☐ Yes, but I need more information



- ☐ Maybe, I'm not sure yet
- ☐ No, not a good fit

### Why or why not?

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## The 3-Date Rule

### **GIVE IT AT LEAST 3 DATES** (unless major red flags or no chemistry)

#### Why?

- First date nerves can affect connection
- People reveal more over time
- Chemistry can build
- You get clearer picture

#### **After 3 dates, you should know:**

- Is there chemistry?
- Is there compatibility?
- Do I want to continue?
- Is this worth investing more time?

#### **Your evaluation timeline:**

## Decision Points

### **WHEN TO KEEP DATING THEM:**

- ☐ Chemistry and attraction present
- ☐ Core compatibility exists
- ☐ No major red flags
- ☐ They treat you well
- ☐ You feel good around them
- ☐ Potential for growth
- ☐ You're excited to see them again

### **WHEN TO MOVE ON:**

- ☐ No chemistry or attraction



- ❑ Major incompatibilities
- ❑ Red flags present
- ❑ They don't treat you well
- ❑ You don't feel like yourself
- ❑ Your gut says no
- ❑ You're forcing it

**Trust your assessment. Don't waste time on wrong people.**

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## Pacing and Progression

### HEALTHY DATING PROGRESSION:

#### Dates 1-3: Getting to know you

- Light and fun
- Surface-level topics
- Assessing chemistry and compatibility
- Keeping it casual

#### Dates 4-8: Deeper connection

- More personal topics
- Sharing values and goals
- Spending more time together
- Physical intimacy may begin (based on your boundaries)

#### Dates 9-12: Evaluating potential

- Discussing relationship goals
- Meeting friends (maybe)
- Deeper emotional intimacy
- Assessing long-term compatibility

#### After 3 months: Exclusivity conversation

- Are we on the same page?
- Do we want to be exclusive?
- What are we building toward?

#### Your pacing preferences:

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## PART 6: ACCOUNTABILITY - STAYING ON TRACK

### Your Dating Goals

#### SHORT-TERM GOALS (1-3 months):

##### Goal 1:

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##### Action steps:

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##### Deadline:

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##### Goal 2:

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##### Action steps:

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##### Deadline:

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##### Goal 3:

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##### Action steps:

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##### Deadline:

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## LONG-TERM GOALS (6-12 months):

### Goal 1:

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### Action steps:

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### Deadline:

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### Goal 2:

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### Action steps:

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### Deadline:

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## Weekly Dating Action Plan

### EACH WEEK, I WILL:

#### Online dating:

- ☐ Update/refresh profile
- ☐ Swipe/browse for \_\_\_\_ minutes per day
- ☐ Initiate \_\_\_\_ conversations
- ☐ Respond to all messages within 24 hours

#### In-person:

- ☐ Attend \_\_\_\_ social events or activities
- ☐ Say yes to invitations
- ☐ Put myself in situations to meet people
- ☐ Be open and approachable

**Dates:**

- ☐ Go on \_\_\_\_ dates per week (if opportunities arise)
- ☐ Evaluate each date honestly
- ☐ Follow up appropriately

**Self-care:**

- ☐ Maintain my life outside dating
- ☐ Keep up with friends and hobbies
- ☐ Practice self-care
- ☐ Stay grounded and balanced

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## Tracking Your Progress

**WEEKLY CHECK-IN:****Week of:** \_\_\_\_\_**What I did:**

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

**Dates I went on:**

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**What went well:**

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**What was challenging:**

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**Insights or lessons:**

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**Adjustments for next week:**

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## Accountability Partners

### WHO WILL KEEP YOU ACCOUNTABLE?

#### Accountability partner 1:

Name: \_\_\_\_\_

How they'll help: \_\_\_\_\_

Check-in frequency: \_\_\_\_\_

#### Accountability partner 2:

Name: \_\_\_\_\_

How they'll help: \_\_\_\_\_

Check-in frequency: \_\_\_\_\_

#### Your coach:

Dante Yigael - 832-800-0417

Coaching sessions: \_\_\_\_\_

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## When to Adjust Your Plan

### EVALUATE YOUR PLAN MONTHLY:

#### What's working:

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#### What's not working:

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#### What needs to change:

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#### New strategies to try:

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**Be flexible. Adjust as needed. This is a living plan.**

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## PART 7: SELF-CARE WHILE DATING

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### Staying Grounded

#### **DATING CAN BE EXHAUSTING. STAY GROUNDED.**

##### **DAILY GROUNDING PRACTICES:**

- Morning routine (meditation, journaling, etc.)
- Physical activity
- Healthy meals
- Adequate sleep
- Time with friends
- Hobbies and interests
- Alone time

**Don't let dating consume your life.**

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### Managing Dating Fatigue

#### **SIGNS OF DATING FATIGUE:**

- Feeling exhausted or burned out
- Cynical or negative about dating
- Going through the motions
- Not excited about dates
- Comparing everyone to everyone
- Feeling hopeless

#### **WHEN YOU NOTICE FATIGUE:**

- Take a break (1-4 weeks)
- Focus on self-care
- Reconnect with your life
- Process your feelings
- Return when refreshed

**Your self-care plan while dating:**



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## Handling Rejection

### REJECTION IS PART OF DATING. EVERYONE EXPERIENCES IT.

#### WHEN YOU'RE REJECTED:

- Feel your feelings (disappointment is normal)
- Don't take it personally (it's about fit, not worth)
- Learn what you can
- Move on quickly
- Remember: You only need one right person

#### YOUR REJECTION RECOVERY PLAN:

##### When I'm rejected, I will:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

##### I will remind myself:

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## Celebrating Progress

### CELEBRATE YOUR WINS, BIG AND SMALL:

#### Celebrate when you:

- ☐ Go on a date
- ☐ Set a boundary
- ☐ Walk away from wrong person
- ☐ Have good conversation
- ☐ Stay true to your standards
- ☐ Put yourself out there
- ☐ Try something new
- ☐ Learn something about yourself

#### How you'll celebrate:

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## FINAL REMINDERS

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### You're Dating with Purpose

#### **YOU'RE NOT JUST HOPING TO MEET SOMEONE.**

##### **You're:**

- Dating with intention
- Choosing strategically
- Honoring your standards
- Staying true to yourself
- Building toward the relationship you want

**This is powerful.**

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### The Right Person Is Out There

#### **THE RIGHT PERSON FOR YOU EXISTS.**

##### **They're:**

- Looking for someone like you
- Ready for what you offer
- Compatible with your values and goals
- Worth the wait and effort

**Keep going. Stay open. Trust the process.**

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### Dating Is a Skill

#### **DATING GETS EASIER WITH PRACTICE.**

##### **You'll get better at:**

- Presenting yourself
- Reading people
- Spotting red flags
- Having conversations
- Evaluating compatibility
- Trusting your gut

**Be patient with yourself. You're learning.**



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## You've Got This

### **YOU HAVE:**

- Clarity on what you want
- Awareness of your patterns
- Strategy for meeting people
- Tools for evaluation
- Support and accountability

### **YOU'RE READY.**

**Go find the love you deserve.**

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## NEXT STEPS

### **AFTER COMPLETING THIS RESOURCE:**

- Implement your dating action plan
- Set up/update online dating profiles
- Schedule activities to meet people
- Go on first date within 2 weeks
- Track your progress weekly
- Check in with accountability partners
- Review Resource 2.3: Red Flags vs. Growth Opportunities
- Bring questions and updates to coaching sessions

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## ABOUT HVL CONNECT

### **Dante Yigael, Certified Life & Relationship Coach**

#### **Specializations:**

- Dating Coaching
- Couples Coaching
- Intimacy Coaching
- Strategic Dating Support

#### **Approach:**

- Evidence-based and practical
- Strategic and intentional
- Supportive and encouraging
- Focused on results

#### **Contact:**

Email: [dante@hvlccc.com](mailto:dante@hvlccc.com)

Phone: 832-800-0417

Website: [www.hvlconnect.com](http://www.hvlconnect.com)



**You have a plan. Now take action.**

**Your person is out there. Go find them.**