

FIRST DATE

Recently, I have gone on several first dates. We have great conversations, share many stories and have lots of laughs. The date lasts for hours, and I think we have made a true connection, yet it never moves forward to a second date. I am baffled! I think, overall, I am a great catch and fabulous at first dates. Is it possible that my first dates are **too good**?

Dear Ms. Fabulous Firsts,

I'm sure you are indeed a great catch and a wonderful connector. It may be as simple as blowing the first date basics. Many fantastic singles feel they are sensational at the first date because they have so much fun! They love that they had so much in common with this new person, and yet, it gets the same result: nada. But then, why do we continue this same process date after date, leading to disappointment and frustration?

Here is a secret: It's all about **The First Impression**. There are tips and tools to optimize first date attraction. Many refute this concept by saying this may be superficial, irrelevant or even deceptive. However, studies in psychology, neuroscience and simple human behavior confirm the importance of this initial interaction. **Absolutely** offers these two tips:

1. First Dates Should Be Short and Simple. The sole purpose is to discover if there is any initial chemistry and to get Date #2. We already know that we should not talk about our exes, politics or religion but often wander endlessly into other topics and past experiences all the while believing we are making a true connection. Instead, we are ruining the initial attraction! We are removing mystery and defusing excitement by over-sharing. The longer the date goes, the more we are revealing too much, too fast, too soon!

We leave the date hours later, feeling positive and secure, and our prospect goes home with all this new information. They can now make their own judgments, draw conclusions and based on all these presumptions, may decide you are not the one. So in actuality, all chances to really get to know you have been ruined. The key is to leave some mystery. Leave something for next time. He will not only want to see you again but will also be eager to learn more about you. It should be a slow unfolding. It is about peeling back layers while building sexual tension. Most men tell me upon successful first date feedback: "There is just something about her..." #INTRIGUING #ALLURING #CAPTIVATING

2. First Date Attire. This is probably the simplest of all the tips. It's not that you are being superficial. Men are highly visual beings. What are you wearing? Is it "just okay"? "Just okay" is not okay! I don't promote short skirts, stilettos or plunging necklines. After all, we don't want a broken ankle or a wardrobe malfunction. But do you have a WOW factor? One that makes you POP? Look Great = Feel Great! Have your first date outfit ready. Can you capture his attention from the first moment he sees you? **Absolutely!** Men, this goes for you too! Does it show that you took the time to look your best?

These are just a few of the proven strategies for great first dates. Remember, a short amount of time will keep them curious, and a polished look will make you stand out.

Learn more about First Date Mastery by scheduling your own **VIP Success Strategy Session** today! There is no need to be baffled anymore!

Love,
Asta

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**ASKASTA@
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