

STELLAR *Life*

Hosted By *Orion*

Dating the Smart Way

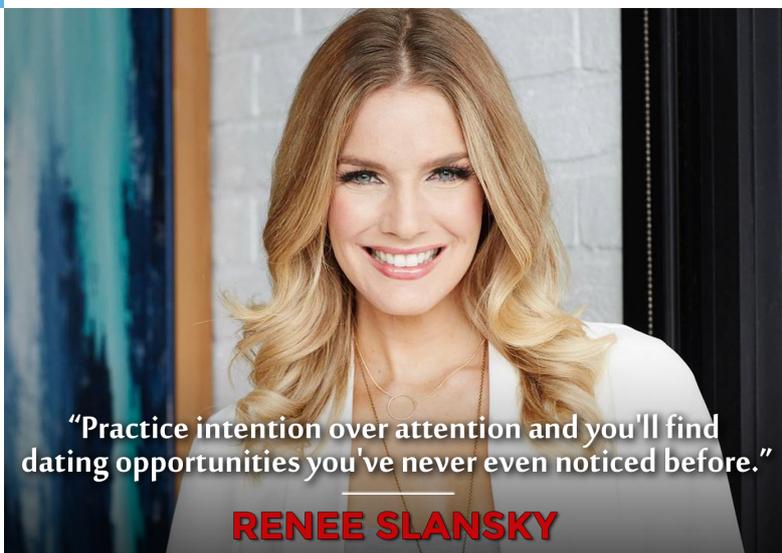
10 Point Checklist

Renee Slansky

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

STELLAR *Life*

Hosted by *Orion*



"Practice intention over attention and you'll find dating opportunities you've never even noticed before."

RENEE SLANSKY

10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- Develop the strength to walk away from things that don't serve your purpose. If you don't feel happy, empowered, or inspired, you are in a toxic relationship.
- Take a breather. Don't jump into the next relationship too quickly after a break-up. It takes time to heal and spending some time with yourself can help you determine what's best for you.
- Try using dating apps when you feel ready to date again after a break-up. Online dating used to be a taboo, but now everyone does it. In fact, statistics show that more and more couples meet online.
- Evaluate which app you're going to sign up for carefully. Apps such as PlentyOfFish or Tinder are popular but many people use them for "hooking up". Make sure you consider female-friendly apps such as Bumble.
- Don't underestimate how crucial your profile is. Think of it as your business card in the online dating world. Remember: you only have an eighth of a second before someone swipes, so make sure your profile makes an impression.
- Select your profile pictures carefully. Renee's advice is that you start with four. First is a great picture of yourself. Second is a photo of you doing something active. Third is a snap of you with your friends. Fourth is your "wow" picture - an image taken at a formal event that really shows you looking your best.
- Don't share everything or write long personal essays in your bio. Leave some mystery so that you entice men into wanting to know more about you. Keep them intrigued so that they keep wanting more even after they ask you out on a date.
- Aside from dating apps, a great place to meet people is through meetup groups. If you're into sports, books, or culture, find a community that holds social gatherings where you can connect with others over a common interest.
- Be open-minded and don't overly romanticize the dating process. If you put pressure on yourself to meet "the one" you will make it a lot harder on yourself, and may overlook opportunities to meet suitable people.
- Check out Renee Slansky's blog, [The Dating Directory](#), for a regular dose of awesome advice on dating and relationships.