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# Foreword

There are usually a lot of emotions and thoughts surrounding the times before and at the onset of the first date. While attempting to sieve through all these, the individual would also have to make the necessary preparations to ensure the date goes well, while ensuring, the possibility of getting a second date is sealed. These are all fairly difficult and stressful elements to consider, especially if the individual does not consider himself or herself a confident, impressive and totally capable date partner. Get all the info you need here.



## ***Perfect First Date***

Discover strategies to make your first date a memorable one

# **Chapter 1:**

## ***Prepare for Your First Date***

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### **Synopsis**

The following are some thoughts on the matter of preparing for the first date that should be considered with some seriousness to ensure the encounter goes as planned:



## **The Basics**

Start by looking good and feeling good way before the date actually takes place. If there is a heightened level of excitement, the felt good aura will be evident but when it comes to the looking good element, some changes may have to be made. These may include simple things that don't really incur costs, or if it does, these costs would be minimal and certainly worth the investment. Doing some exercises, eating well and sleeping well will all help to prepare the individual both mentally and physically.

Be prepared way in advance, and these would include all the little things that may seem insignificant but could potentially put a damper on the actual should they surface. These may include elements such as the intended attire to be worn, the venue for the date, especially if it is unfamiliar to the individual, and the contingency plans if the venue becomes unsuitable for any given reason, the topics to be discussed to keep the date pleasant and flowing smoothly, any additional needs that might have to be taken care of such as pets and other dependants and almost anything that can cause interruptions.

However in exploring all these possibilities, caution should be exercised to ensure the individual does not get unnecessarily anxious and go into panic mode.

# Chapter 2:

## *Things to do*

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### Synopsis

In the first date scenario, the individual has to do virtually everything right, if there are intentions to secure a second date with the other party. This is very important as first impressions are often the deciding factor that will dictate the tone of the encounter and the second date possibility.

The following are some points to consider for things to do on the first date:



## **What To Do**

The most basic yet often awkward element within the date layout is the payment for the entire experience. Making the other party split the bill is an accepted practice, but not one that is appreciated, especially if the individual intends to portray a successful and capable position. Therefore taking the trouble to gently and without any inflated ego issues it should be established that the bill will be covered and the other party's contributions would be to simply have a good time.

Picking the correct location would also be something to be considered, as the ideal setting would be required based on the general direction the date is designed to take. Finding a location that is suitable and convenient for both parties will set the tone for the entire date. Unless money is not an issue, picking a venue that would not cause the individual to be mindful of the bill at the end of the date would be advised, as this can put a real damper on the encounter.

Respecting the other party enough to ensure being on time is not an issue would also be something else to consider. If the other party is kept waiting it can be potentially very embarrassing and stressful. Therefore planning the route, time, transportation and other connective elements should be done way before the actual day of the date. This will be a good way to show respect to the other party and display the personal standards of the individual.

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# Chapter 3:

## *What to wear*

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### Synopsis

Impressions made on a first date, are very telling of both parties and the possible outcome of the date. Therefore it would be in the best interest of both parties, to come well prepared both mentally and physically. Presenting their A game would show that effort is being put into this encounter.

The following are some tips on what would be considered suitable attire for the first date:



## **Have A Look**

Perhaps the first thing to consider would be the issue of being comfortable. Mentally the date is already going to preoccupy the mind before and during the actual date, therefore having to be distracted with the attire for the date would not help put the individual at ease. Wearing something comfortable yet complimenting should be the base of the idea behind the ensemble put together. Other considerations would include the weather and venue for the date. These also factor strongly in the choice of attire. There is nothing worse than being either over dressed or under dressed.

Finding out a little about the plans for the date would also help in deciding what to wear and this should be made clear to both parties if possible, so that unwanted awkwardness will not be encountered with the wrong choice of attire. If the date is not going to follow the conventional meal and drinks, then the attire chosen for the date will have to be carefully considered, this is especially so, if outdoor activities are planned as part of the date. Suitable foot ware is something that is often overlooked and yet can cause the most problems. Therefore attention to this is equally important as the other parts of the ensemble.

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