Dating Profile Checklist: 5 Updates That Attract Better Matches

by Julie Spira, The Digital Matchmaker®

---

1. Photos — Your First Impression

☐ At least one recent photo (last 6–12 months)
☐ Clear face, natural lighting
☐ Looks like you on a good day, not a filtered one
☐ One photo that shows personality or lifestyle

Examples:
Laughing with friends, walking a dog, cooking, traveling, enjoying a hobby

---

2. Tone — How You Sound

☐ Warm and approachable
☐ No burnout language. Confident without defensiveness
☐ Feels warm, curious, and open to connection

Ask yourself: *Would I enjoy starting a conversation with someone who sounds like this?*

---

3. Clarity — Who You Are Now

Check yourself:

☐ Are your values clear within a few lines?
☐ Does your profile reflect your current life, not a past chapter?
☐ Are you specific enough to stand out without trying to impress everyone?

Clarity attracts better matches than perfection.

---

4. Length — Less Is More

Aim for:

☐ More than one sentence
☐ Less than a novel
☐ Just enough to spark curiosity

Selective editing makes your profile more attractive.

---

5. Opening Lines & Prompts Make it Easy to Start a Conversation

Include:

☐ A question
☐ A playful prompt
☐ A specific interest someone can respond to

Examples:
"What's your favorite comfort food?" or "Always searching for great coffee … any recommendations?"

Final Flirt

Dating Sunday isn't about swiping more.

It's about showing up with clarity, confidence, and intention.

One thoughtful update can change who finds you — and how conversations begin.

Julie Spira | Digital Matchmaker® | DigitalMatchmaker.com