



DateSpot

GUIDE TO SUCCESSFUL DATING



THE DATING LANDSCAPE

A lot of oysters and no pearls?

Meeting people in general is hard, but getting the right fit is even harder.

78% of dating app users feel emotionally, mentally, or physically exhausted by dating apps.*

Common dating app complaints:

- Unclear intentions
- Continuous swiping culture
- Frequent ghosting and sudden silence
- Misleading photos
- Fake profiles and online scams
- Minimal info to assess compatibility

*2025 Forbes Health/OnePoll survey



DATESPOT® | 2026



ONE SOLUTION:

DateSpot Matchmaking

But there is hope.

With a realistic search, the right attitude, and proactivity, you CAN find success.

Get proactive with DateSpot - a flexible, no-risk dating service that may be able help.

All Members:

- Any free options with Clients when you sign up
- Free options with Clients of partners
- Match with 5% of our database (Clients only)

Clients:

- Dedicated 4-mo. search w/ weekly match option
- Match with all members (unlocking the remaining 95%)
- Partner outreach to access their members
- Feedback from first dates
- Invited if we have enough existing prospects
- \$299 for the strategy call, \$899 per match

YOUR MATCHMAKER



- Carla Guarnay - matchmaker since 2014
- Founded DateSpot in 2019
- Meets with every Client and does the matching, so there's continuity and a smooth process
- Responsible for dozens of partnerships to date
- Founder of The Matchmaker Directory, a collaboration and referral hub for matchmakers, making her one of the most well-connected professionals in the field
- Wife & mom in Silicon Valley
- Previously was an Ad Account Strategist at Google for 7 years



THE RIGHT MINDSET

UNDERSTANDING OF IMPERFECTION

There's no perfect person, and we can't materialize one. We're dealing with real people - who want to meet you. Focus on what's important in someone.

SELECTIVE BUT OPEN

Ask married friends & family if their spouse is exactly who they thought they'd end up with. They'll likely all say "no"! Set criteria as flexible as possible to be open to something unexpected.

GROWTH-ORIENTED

Identify behavior patterns that are holding you back from finding and keeping the partner you want. Also, absorb any constructive feedback from dates and think about what you could change.

Words to Remember



WHEN YOU LOVE SOMEONE,
YOU LOVE THE PERSON
AS THEY ARE,
AND NOT AS YOU'D
LIKE THEM TO BE.

LEO TOLSTOY

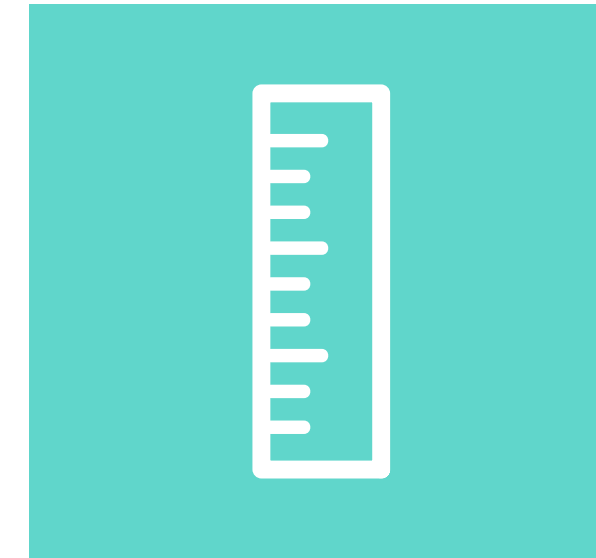
PARTNER CRITERIA

Identify your 5 non-negotiables

Think of your core values:

Religion, politics, kindness, loyalty, etc.

And goals about family, career, & life.



The rest should be preferences

Suggested flexible parameters:

Hobbies, location, age range, height,
occupation, income, & education



FIRST DATE TIPS

BEFORE

- Look like you made an effort & don't wear work clothes
- Choose something that won't show sweat
- Evening is better to set a romantic tone
- Leave extra time to get ready & get there so you're not late!

DURING

- Strike a balance between light & deep (it's ok to delve into heavy topics if you end with what you learned or the positive)
- Talk about what you're passionate about
- Listen more than you talk

AFTER

- If you want to see them again, text them within 24 hours to say so
- If not, you can either text them or have DateSpot relay the message
- Keep communication steady and have a plan for the next date, but don't look needy or contact them twice in a row without a response

EARLY DATE IDEAS

1. Mellow hike
2. Book swap - pick 3 faves for each other at a bookstore
3. Picnic
4. Pub trivia night
5. Farmer's market walk
6. Paint & sip class
7. Mini golf
8. Questions over dinner
 - a. So Cards (portable physical cards)
 - b. For a 2nd+ date, the 36 Questions to Fall in Love
 - c. 4000 Questions for Getting To Know Anyone & Everyone

VIRTUAL DATES

When distance is involved



- Schedule 30 min. at 8 pm to set a romantic tone
- Put laptop on books so it's level with your head
- Turn on a lamp in front of your laptop so you're not backlit
- Pick up the house & make the background look nice
- Be more positive and energetic than you are normally
- Try cooking the same recipe, painting, or "show & tell" 3 things

ONLINE DATING

The apps can work, if you don't mind the time & issues involved. They should be customized to your demographic, but here are our favorites for the general population:



Women have to initiate contact, eliminating unwanted messages for ladies & ensuring interest for men. A 24 hr initial deadline promotes engagement. Optional modes find new friends & business contacts.



Uses a comprehensive set of questions to assess compatibility & allow for detailed filtering. Gives a percentage score. Their blog also offers interesting insights.



Limited matches per day means not too much time spent, and avoiding the "bigger-better-deal" mentality more than other online apps.

MEETING PEOPLE NATURALLY

- **Ask friends** - tell buddies & groups you're part of that you're looking & see if they know anyone
- **Join a league** - like kickball, bocce, running, bowling (bonus with sports: adrenaline associates positive feelings with you)
- **Get a dog** - spend time at local parks (especially dog parks)
- **Join a private social club** - these physical locations have tons of successful people and those looking for them
- **Travel** - either solo or with a friend - and chat with people
- **Go to your company events** - be open to meeting at work
- **Sit at restaurant bars** - choose different ones & strike up conversations with any potentials

RECOMMENDED RESOURCES

Fun and educational

BOOKS

- The 5 Love Languages (Chapman)
- Why We Love (Fisher)
- Attached (Levine)
- How To Not Die Alone (Ury)
- The Art of Loving (Fromm)
- 8 Dates (Gottman)
- Mating in Captivity (Perel)
- Your Brain on Love (Tatkin - audiobook)

PODCASTS

- Modern Love
- Date/able
- Kinda Dating
- Savage Lovecast
- Where Should We Begin
- The Endless Honeymoon
- Sex With Emily
- The Dating Den
- Unqualified

QUIZZES

- Helen Fisher's personality types (from the book Why Him? Why Her?)
- Attachment Style
- Enneagram

Feel free to add your results into your account under “Anything Else”.

FOLLOW DATESPOT ON SOCIAL

Stay updated with company and dating news - and expand our reach, which helps find you more prospects!

Much appreciated if you like or comment on any existing posts too.



FACEBOOK

[@datespot.love](#)



INSTAGRAM

[@matchmakercarla](#)



LINKEDIN

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X

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MATCHMAKING REFERRAL OPTION

If you ever want more options than what we provide for you, or we do not find that it's a fit to work with us as a Client, we're happy to intro you to a couple companies recommended for you.

- Higher level of service with even more personal attention
- Often even more proactive recruiting
- Can function in conjunction with DateSpot's general route
- \$5K or more upfront
- The same or less cost than their regular rates



PARTNER SERVICES

Could you use updated photos, better style on dates, or some advice?
Take advantage of special member pricing from our vetted partner experts.



Personal Styling

Wardrobe edit session,
image consulting +
new clothing ideas



Photo Shoot

1 hr. shoot, retouched
images to download,
plus clothing changes



Relationship Advice

Dig deeper into your
history and unlock
mental blocks

DATING DICTIONARY

Do you know all the current lingo? [Check it out!](#)



WISHING YOU LOVE & HAPPINESS!

