

# Simple Dating Toolkit

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## Your 3 Commitments

From today's masterclass, I commit to:

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## Red Flag Quick List

*If any of these happen, pause and reassess:*

### They:

- Text only late night
- Cancel often
- Blame everyone else
- Dismiss your feelings

### You:

- Feel anxious between dates
- Make excuses for them
- Change yourself to fit
- Ignore your gut

### Remember:

- ✓ If they like you, you'll know
- ✓ If they don't, you'll be confused
- ✓ Mixed signals = Clear answer
- ✓ Your standards are not too high
- ✓ Being single > Being anxious

### Daily Reminders:

- ✓ **Morning:** "I choose myself."
- ✓ **Before dates:** "I'm curious and complete. I'm looking for someone to compliment my life."
- ✓ **When confused:** "Confusion = No."
- ✓ **After rejection:** "What is meant to be will find me."

## Quick Date Log

Who: \_\_\_\_\_

Gut feeling: ☆☆☆☆☆ (1-5 stars)

Check what applies:

- ☐ Felt relaxed
- ☐ Was myself
- ☐ They made effort
- ☐ Red flag spotted

See them again? ☐ Yes ☐ No ☐ Maybe

One-line note:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

.....

## Weekly Check

This week's dating felt: ☐ Good 😊 ☐ Okay 😐 ☐ Draining 😞

One win: \_\_\_\_\_

One lesson: \_\_\_\_\_

Next week I'll: \_\_\_\_\_

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## Support

Accountability buddy: \_\_\_\_\_

Next check-in: \_\_\_\_\_

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*Keep this handy. Use it. Trust yourself.*