

How to Create an Online Dating Profile

First impressions are important when meeting people online and in-person! When someone is dating online, they can create a profile that reflects who they are and allows others to see if they have interests or values in common. Use this worksheet to create an online dating profile that communicates who you are!

Step 1: Answer the questions below.

1. What type of relationship am I looking for? (example: casual dating, hooking up, or serious relationship)

2. What are my hobbies and interests? (example: video games, music, sports, camping)

3. Are there any fun facts I want to share about myself? (example: I have been to all 50 states)

4. What are my non-negotiables? (example: kids, vaccine status, political views, sobriety status)

Step 2: Put your answers into bio form such as bullet points or paragraph-style.

I'm looking for _____ . In my spare time, I enjoy

_____ . A fun fact about myself is

_____ . My relationship
non-negotiables are _____ . Let's meet up
and _____ .

