

# PRE-DATE PERSONAL **GROOMING CHECKLIST** FOR MEN



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## **Mindset tips:**

It's ok to spend money on yourself  
It's ok to put yourself first  
It's ok to tell people what you want  
Its ok yo speak up your mind

## **Important points to remember:**

### **1. PERSONAL PREFERENCE:**

What is considered attractive varies greatly between individuals, so prioritize what makes you feel good and confident.

### **2. FOCUS ON OVERALL HEALTH:**

Good nutrition, exercise, and adequate sleep will contribute to a healthy and attractive appearance

### **3. CONFIDENCE IS KEY:**

Feeling comfortable and confident in your own skin is the most attractive quality.

### **4. BEYOND THE PHYSICAL:**

While physical appearance is important, building a connection with someone based on shared values, interests, and personality is crucial for a lasting relationship



## Key points to consider on a physical appearance for dating checklist:

### **HYGIENE:**

- **Shower**
- **Deodorant**
- **Apply cologne** (Less is more - You don't want to overpower your date with cologne even if it does smell great, a quick spray on your neck and both wrists is enough)
- **Oral hygiene** (brushed teeth, use mouthwash or take mint for after dinner).

Btw If you are missing any teeth or have a cricket teeth- please address it with the dentist ASAP for dental work as your mouth should look kissable

- **Clear skin** (Use moisturizer)

### **GROOMING:**

- **Neat haircut.** Shampoo your hair and style.  
**Btw bald is sexy too!**
- **Trimmed & clean nails** (dirt free)
- If you have joined the beard gang, **be sure to trim and comb your beard to make it as neat as possible.**
- **Trim your Ear & Nose Hair,** and eyebrows
- **Minimal body hair** (depending on personal preference)



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**CLOTHING:**

- Clothes **that fit well**
- **Wear the right clothes** (dressy-casual)
- **Ironed clothes** (if needed)
- **Clean shoes**
- **Get some cool men's jewelry pieces** (necklace or bracelet, may be some dark rings) - it will add a masculine twist to your look

**Conversation prep - All of this info can be found in phase 3 of the curriculum ;)**

- Have 3 mission statement conversations prepared in case you go blank or the conversation becomes dull
- Start off by being playful (attraction 1st)
- SHARE
- Listen
- Conversation thread

If you want your date to be attracted to you and take you seriously then **you need to present yourself in a manner that is confident, reliable and suitable for a potential partner.**

Good grooming is essential and good manners will show that you are a stylish person ready to meet the girl of your dreams at any given moment.

**Questions, Concerns or Want To Share?  
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