

Chapter 8: Dating Profiles With a Purpose: Let His Light Lead

M.A.G.I.C. Phase: G — God-Guided Discernment

This worksheet is designed to serve as a practical reference you'll return to throughout your M.A.G.I.C. journey. You will use what you clarify here to write a profile that sounds like you, reflects your values with integrity, and invites the kind of person who aligns with your faith, lifestyle, and relationship goals.

Quick Start Worksheet: 10–15 minutes

Estimated Time to Complete: 60–90 minutes

This Worksheet May Be Especially Helpful If You're:

- Struggling to know what to say, or what to leave out in a dating profile?
- Tempted to sound impressive, play it safe with vague phrases?
- Wanting your profile to attract values-aligned connection, not just attention

What You'll Gain From This Worksheet:

- A clear way to test whether your profile sounds like your real voice (not a “profile voice”)
- Prompts that help you replace vague, generic lines with specific, honest language
- A complete framework to build a warm, faith-forward profile that invites alignment

Field Tools Included in This Worksheet

Part 1: Am I Being Authentic With My Profile?

- Pattern Recognition: What describes my profile writing?
- My Voice Test: Read it out loud and evaluate how it sounds
- Words that don't sound like me, what I'm afraid to say, how I talk vs. how I write

Part 2: Writing My Authentic Dating Profile

- My Communication Style: Tone and sentence style that fits me
- How to write a great profile (Step-by-Step)
- Core values, deal breakers, and nice-to-haves don't forget them ...

Reflection for Real-World Dating

- Questions to Ask Myself While Dating: Dating Profile

CHAPTER 8 – QUICK START WORKSHEET: Am I Being Authentic With My Profile?

*"Your words don't need to persuade. They need to reflect the truth.
When your words align with your life, discernment becomes mutual."*

Quick Start Worksheet: 10–15 minutes

Start Here: It's designed to help you pause, reflect, and notice your current readiness before moving forward in dating. There are no right or wrong answers—only information.

Discernment begins by telling yourself the truth with kindness.

1. **Complete the QS Pattern Recognition** – There are no wrong answers.
2. **Review – Discernment: What This Could Mean**
3. **Suggested Next Steps** – Based on research and reader experience, the following sections have been especially helpful for gaining clarity in this area.

QS Question: Do My Words Sound Like Me?

Before you evaluate any words—written or unwritten—pause here. Whether you already have a dating profile or not, this chapter helps you discover how you naturally sound when you're being honest and at ease.

Dating Profile: If you don't have a profile yet, Part 2 explains how to create one. If you do, the following is a mirror to reflect how you're communicating.

QS Pattern Recognition: Check what describes MY profile writing.

- I'm using generic phrases I've seen in other profiles
- I'm writing how I think I should sound, not how I actually sound
- I'm using vague language to avoid revealing what I really want
- I'm exaggerating my interests or lifestyle
- I'm trying to sound more exciting or adventurous than my real life reflects
- I'm hiding parts of myself I worry won't be attractive
- I'm overthinking every word instead of being natural
- I'm copying what seems to work for others
- I sound stiff and formal when I'm actually casual and warm
- I'm minimizing or leaving out my faith to avoid seeming "too religious."

QS Discernment: Starting Point

- > **0–2 items checked:** You're writing authentically. This worksheet and chapter will help you refine your profile.

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QUICK START: Complete the remainder of this worksheet. Chapter 8 contains helpful information to build a discerning dating profile.

> **3–5 items checked:** You have normal performance anxiety about writing. This chapter will help you relax into authenticity.

QUICK START: Suggest reading Chapter 7 (Photo Selection) and Chapter 8 (Profile Building) to clarify boundaries, presentation, and readiness.

> **6 or more items checked:** You may be relying heavily on performance language. This worksheet will help you feel safer showing up as yourself.

QUICK START: Slow down before continuing to date. Suggestions are to read Chapter 1 and complete the full worksheet. It will ensure your path is straight, strengthening your vision for the future.

This worksheet will help you explore what you can work on this week. When ready, move into Chapters 2 and 3 to support healing and clarity before making new relationship decisions.

This reflection does not define your future. It simply helps you recognize your starting point—so you can move forward with wisdom rather than urgency.

Discernment doesn't rush decisions. It creates peace before them.

Chapter 8 – Full Worksheet

Part 1. Reflection Question: Does My Profile Actually Sound Like Me?

If a friend read your profile without knowing it was yours, would they recognize your voice – how you normally speak?

Use a separate sheet of paper or your computer to develop your full profile.

My Voice Test: Read your sample or current profile out loud. Then answer:

Does this sound like something I would actually say?

Yes Somewhat No

Would my friends recognize this as my voice?

Yes Maybe No

Am I using words I don't normally use?

No Sometimes Yes

Does this reflect my actual personality?

Yes Partially No

What I Noticed:

Words/phrases that don't sound like me:

What I'm afraid to say, honestly:

How I actually talk vs. how I'm writing:

*"Your profile should feel natural and conversational.
If you wouldn't say it out loud, don't write it."*

A. Reflection Question: What parts of me am I softening—or not yet showing—through my profile?

Vague language hides what you really want. Clarity invites alignment. What are you afraid to say directly?

CLARITY vs. VAGUE - What I'm actually doing:

Check where you're being VAGUE:

- “Looking for someone special.”**
(Most of us are. What does special mean to me?)
- “Enjoy a good time.”**
(Doing what? With whom? In what kind of setting?)
- “Faith is important to me.”**
(How does my faith actually show up in daily life?)
- “Looking for my partner in crime.”**
(Generic. What kind of partnership am I really hoping for?)
- “Love to laugh.”**
(Everyone does. What genuinely makes me laugh?)

REWRITING WITH CLARITY:

Pick one vague statement from above and rewrite it clearly:

VAGUE VERSION:

CLEAR VERSION (specific, honest, sounds like me):

"Vague language protects you from rejection. Clear language connects you with the right person. Choose connection over protection."

B. My Faithful Next Step: With My Profile

Based on your assessment, what do you need to do with your written profile?

- I need to rewrite my profile in my actual voice
Continue to Part 2 to build authentic language
- My profile is authentic, but too vague
Part 2 will help you add specific clarity
- I haven't written a profile yet
Perfect. Part 2 will help you start authentically

What Will I Do This Week?

- Choose one action that supports authenticity and clarity:
- Read my profile out loud and notice whether it feels natural to me
- Identify vague phrases and rewrite them with specific, honest language
- Ask a trusted friend: "Does this sound like me?"
- Remove generic phrases I copied from other profiles
- Pray for the courage to write truthfully, not defensively

My commitment this week:

A WORD FROM PAUL:

"I rewrote my profile three times, trying to sound impressive. When I finally wrote it as if I were talking to a friend over coffee, the responses changed completely.

Authenticity attracted the people I actually wanted to meet."

If You Chose To Continue:

Part 2 will help you translate your core values into authentic, natural words that sound like you.

Part 2: Writing My Authentic Dating Profile

Your profile should invite the right people and give clarity to everyone else. Write in YOUR voice about YOUR life.

*"Your profile is an invitation to a conversation.
Make it warm, intentional, and faith-forward."*

A. Reflection Question: How Do I Actually Sound?

Before writing, identify your actual communication style so your profile sounds like you.

My Communication Style – Check what fits:

Tone:

- Warm and friendly
- Thoughtful and reflective
- Humorous and lighthearted
- Straightforward and honest
- Deep and philosophical
- Practical and grounded

Sentence Style:

- Short and simple
- Longer and descriptive
- Conversational
- More formal
- Story-based
- Direct and clear

TYPICAL PHRASES I USE:

Write 3-5 phrases, here or on a computer, that you actually say in conversation about a relationship (Life has taught me, I believe love can be ...).

1. _____
2. _____
3. _____

MY VOICE DESCRIPTION: How would a friend describe the way I communicate? (Warm, direct, calm)

D. Reflection: Core Values, Deal Breakers, and Nice-to-Haves:

Translate Values From Chapter 1 into Words. Chapter 8 contains helpful tips to translate to profiles. Use one to three per section, as needed.

MY TOP CORE VALUE(S):

How I'll express this in my profile (be specific, conversational):

MY KEY DEAL-BREAKER(S):

How I'll express this positively in my profile:

(Frame what you DO want, not just what you don't)

MY NICE-TO-HAVES (lifestyle/interests):

How I'll show these through specific examples:

(Not "I like hiking" but "You'll find me on local trails most weekends")

E. MY PROFILE – BUILT USING THE SIX-STEP FRAMEWORK

This worksheet follows the same six-step process taught in Chapter 8, with examples. Move through it slowly. You're not trying to impress — you're inviting alignment.

STEP 1: The Attention-Grabbing Opener (1–2 sentences)

Begin with something warm, human, or lightly engaging that reflects your personality.

Avoid clichés or apologies. Lead with honesty and presence.

My opener:

STEP 2: An Authentic Snapshot of Who I Am (2+ sentences)

Share specific details about your life, interests, and values.

Concrete examples matter more than polished language.

Who I am, honestly:

STEP 3: A Glimpse of Life With Me

Help someone imagine what life might feel like alongside you — how you spend time, what you enjoy, and what you value.

This isn't about impressing. It's about helping the right person recognize themselves.

Life with me might include:

STEP 4: Reflective Insight (Growth & Self-Awareness)

Share one thoughtful insight about what you've learned — not what went wrong.

This shows maturity without revisiting the past.

Something I've learned about relationships or myself:

STEP 5: Clear Intention (What I'm Seeking)

State what you're open to building — clearly, warmly, and without pressure. Review the Chapter 6 worksheet for the type of relationship you're seeking and timeframe.

Focus on what you want, not what you're avoiding.

What I'm hoping to build:

STEP 6: Conversation Starter – Call to Action (1 sentence)

End with a question that invites a meaningful response and reflects your values.

This is your first discernment filter.

My conversation starter:

VALUES CHECK (Integrated, Not Listed) - As I review what I wrote, are core values, deal breakers, and nice-to-haves woven naturally into my words?

- This matches how I actually speak
- I'd be comfortable saying this on a first date
- This invites the right person — not just more people

Your profile isn't a pitch. It's a mirror. Clarity doesn't limit love — it protects it.

Final Assembly: Put together Steps 1 – 6 to form your dating profile. If you're struggling, visit Chapter 8 in *Never Settle Again* or our website suggestions.

Questions to Ask Myself While Dating

A mirror for discernment—not a scorecard.

When to Use This Page:

1. Before creating your dating profile
2. Every 3-6 months to review for accuracy
3. When tempted to copy generic phrases
4. After life changes that affect who you are
5. When feedback suggests you don't match your profile

Before Posting My Profile:

- Does this sound like me?
- Have I been vague to avoid rejection?
- Am I being authentic or performing?
- Would I talk like this in person?

Monthly Profile Review:

- Does my profile still reflect who I am today?
- Has anything significant changed in my life?
- Am I still comfortable with what I wrote?
- Do I need to update anything for accuracy?

When Unsure:

- Read it out loud - does it sound natural?
- Ask a friend: "Does this sound like me?"
- Pray: "Am I being honest or hiding?"

The Key Distinction

This tool will never score people. It helps you see YOUR authenticity - your voice, clarity, and honesty. So, you can write words that invite the right person.

*"When your words align with your life, discernment becomes mutual.
The right person will recognize their match in your authenticity."*