

## Pre-Date and Post Date Reflection

### Pre Date

- Remind yourself: it's better to try than not to try
- Pick something you think they might enjoy doing
- Pick something you would also enjoy doing
- Get clear on your negotiables and non-negotiables (deal breakers)
- Get clear on your red flags and green flags
- Remind yourself: no expectations—whether it goes well or not, as long as you are being yourself and showing up how you want to show up, this is a success

### Post Date

- Did you feel safe with this person?
- Did you enjoy their company?
- Did you have fun?
- Did you notice any shared dreams, hopes, or goals?
- Did you notice that you could support each other's individual dreams, hopes, or goals?
- Did the date flow?
- Did it feel easy or easeful to be with them?
- Were there any deal breakers, red flags, or non-negotiables? (Remind yourself what yours are.)
- Were there many moments of friction?
- Were there moments where the conversation dropped or struggled to flow?
- Did anything come up that feels like a potential deal breaker for you that you're unsure about?

