

Profile Essay Worksheet

Need Some Ideas?
Use **this Essay Work Sheet**

What makes me different?

All throughout our lives we spend a lot of time trying to fit in, and not seem different. When you're marketing anything, including yourself, you want to differentiate – especially in markets where every product is a commodity and there's tons of competition.

You don't want to be a commodity, and you've got tons of competition. All of us are different from each other. Think a bit about what makes you different, and helps you stand out from the next person who exercises 3-4 times a week, loves holding hands on the beach, and can make the transition from jeans to a "little black dress" in no time at all.

Three qualities am I looking for?

If you've been married before or have had long-term relationships, you've probably got a list in your head about the qualities you're not looking for in another person. Sometimes it's harder to articulate the qualities you want. And, if you're relatively new to the dating scene, you may not be sure at the outset. However, I'm sure there were qualities you've liked about the people in your past relationships. That may be a good place to start.

- 1.

- 2.

- 3.

Three interesting things I've done?

It's easy to spice up your profile if you think about it. All of us have done interesting things in our lives. Think about something that you can easily talk about that sheds some light on your good qualities that adds depth to your hobbies and other interests.

1.

2.

3.

What are the three most important things to me?

What are some of the most important things in your life...besides family and friends? That's a given. It may be a job, a volunteer effort, a goal you are seeking, a pastime you can't live without. Think about it.

1.

2.

3.

What do I do for a living?

Another way to broaden the content in your profile is to talk about some of the interesting things about what you do or did for a living. After all, you probably spend half your waking hours doing it. What do you like about your job? What's most challenging?

Do you volunteer?

If you frequently volunteer, talk about it. It shows a side of you that's very admirable. A "giving spirit" is a quality that many people are looking for, and it reflects favorably on your character.

What are my hobbies?

Most people just list their hobbies, while others go into great detail about them. You don't need to go to extremes, but if your hobbies are important to you, describe them and tell why you like them.

Do I have any "deal killers?"

We all have deal killers, those qualities you won't accept in a relationship and which are non-negotiable. Mine are vacations in Vegas and Aruba. Yours might be baldness or beards, liberal or conservative political views, or currently separated marital status.

If something might really bother you, be sure to mention it. However, you may want to frame it as a "preference." For example, instead of saying, "I'm not interested in dating someone with

conservative political views,” you might say, “I prefer to date someone with progressive political views.” Nobody’s perfect. The right person for you might have 95% of what you’re looking for.

Most people will respect your wishes and not bother to contact you. However, another person may think they have 95% of what you’re looking for, and give it a shot. It may be worth a conversation to explore.

Which was my favorite vacation and why?

Vacations are always fun to talk about. Where have you been? What did you like about them? What kind of vacations do you like to take? Where do you want to go?

What do I like to do in my spare time?

If you’ve ever been in a marriage or long-term relationship, you know that how you and your partner like to spend your spare time can make a difference in the longevity of your relationship. Stating this can help other screen you and vice versa.

Name three things on my bucket list and why.

If you don't know what a bucket list is, it's a list of things you want to be sure to do before your die.

1.
2.
3.

What life changes have I experienced recently.

Need something more to write about? You can write about:

- Your change in marital status
- A change in jobs
- Retirement
- Children going to college, leaving home, getting married, having children

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