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How to Prepare for a Date



You've snagged a date with someone special, and now you've got the chance to make an impression. Preparing for a date can be nerve-wracking, but *can* be approached in a step-by-step manner that'll assure you make it to your date fully prepared. The rest is up to you.

Steps



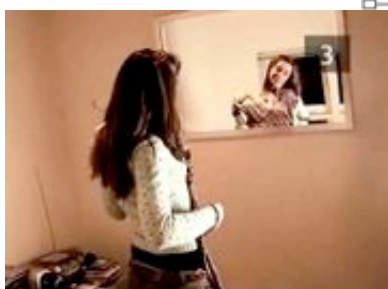
1.

Good preparation is the key

Do some homework. In the days before a date, take time out to catch up with current events and hot topics. These are [great conversation starters](#) and you will be able to [impress your date](#) with your

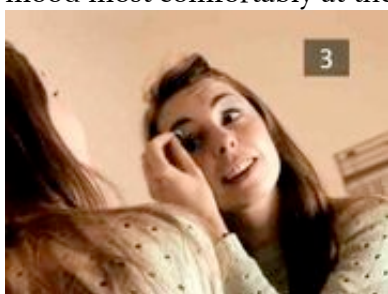
knowledge. Try to remember as much as you can about previous conversations together so you can follow up on them, be it a difficult project he was working on, or her best friend's hair disaster. Have a couple of [funny stories](#) or conversation pieces up your sleeve in case you need them.

2. Start looking and feeling good in advance. Set time aside for exercise in the days before the date, whether it's [yoga](#) or [push ups](#). Eat well and get plenty of [sleep](#).



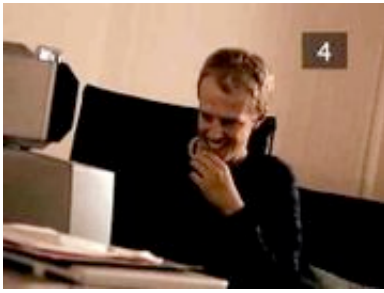
3. What To wear?

Pick your [clothes](#) early. You should have several outfits laid out **before** the day of the date. This way you won't have any last minute panics when you realize you have a spaghetti stain down your favourite shirt. Plus, it will allow you to try on a few different looks on the day of the date and see which one fits your mood most comfortably at the time.



4. Clean up on the day of the

date. Take a nice, long [shower](#) or [bath](#). Ensure you have clean hair and [nails](#). You should smell good, but not overpowering. Avoid heavy perfumes and aftershaves, especially if your date could be allergic. Ladies, go easy when [applying make-up](#) and aim for a natural but groomed look. If things go well he will eventually see you without make-up - and you will want him to recognize you at that point.



5.

[Think positively](#). You're going out to enjoy yourself, after all. Don't start worrying about what disasters could happen, because that way they are far more likely to. If you are getting nervous, call a good friend, [watch](#) your favourite comedy show or [listen to upbeat music](#). Loosen up. Focus on having fun and you inevitably will.



6.

[Be punctual](#). Give yourself plenty of time to get to your rendezvous. Keeping your date waiting will start things off on the wrong foot.

Tips

- [Relax](#) and [be yourself](#).
- The two most common dating tips are "[be confident](#)" and "[be yourself](#)". These are vague. You should create a well formed outcome for yourself. Instead of "being confident", you should "know your success" (success breeds confidence). Instead of "being yourself", try "being your best self".
- Sometimes even with the best preparation, your date might turn out awful. You may wish to have a "back out plan" in case this happens. Find a good friend you can call and then he/she can call you back in a few minutes so you can say you have some sort of crisis you need to attend to. You could also try being an honest person and say that you don't think it's working out, and that you need to leave early.

Warnings

- Never put yourself in a compromising situation--most people are trustworthy, but "date rape" is unfortunately a real occurrence. Always have a first date in a public setting (restaurant, movie, club, mall, etc.)
- If you feel something's wrong, trust your instincts and politely but firmly end the date.
- Be sure to always have a cell phone and cash for a cab so that you never feel you have to rely on your date for a ride home.
- Always be careful about alcoholic intake.
- Unfortunately, there are drugs ("date rape drugs") that can be added to ANY drink without any noticeable difference in taste. Some people use these drugs to put women (and sometimes men) in precarious situations. Only accept drinks served from a bottle or can opened by you or in front of you, or by a third party (like a bartender). If you turn away from your drink, get into the habit of covering it with your hand, as it only takes a second to slip something into a drink. If you are suspicious, get a new drink.

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