

20 Secrets

to Successful Online Dating...

for Grownup Women



Bobbi Palmer

The Dating and
Relationship
Coach for Women
over 40

Date *like a*
grownUp

BOBBI PALMER'S
20 SECRETS OF SUCCESSFUL ONLINE Dating

Foreword

You can meet the spectacular, special man who is going to be your life partner using online dating. I met the love of my life on Match.com, so of course I recommend it to all my friends and private coaching clients...really to anyone who will listen!

My clients are using online dating to varying degrees of success. Some are in the early "dating phase": meeting men for coffee or dinner, and having some second and third dates.

Some gals are in the "could he be the one" phase, like Sylvia in Washington, DC, who has been online for about five months. She's met a lot of really nice men. They have been professional and relationship-minded; a few she dated several times, but they just weren't The One. The man she's dating now seems to be. Sylvia is over-the-moon about him, and he seems right in there with her. Her slow and steady approach is definitely working for her.

Hedy went out with only four men before she met Tom, and they are now in a committed, lifetime relationship. So are Diana and Don, Karen and Norman, and many others who chose to courageously try online dating with my support.

There are many more stories like these. Also stories of women who just want to date and "practice" being with men for now. They are meeting their goals and having some fun. It took me years of being online before I met Larry.

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For about six of those years I was doing it wrong, which is why I can give so much advice about what not to do!

That's why it's so important for you to have the information in this book. It shouldn't take YOU years! It may not happen for you overnight, but if you learn how to do it right and stick with it...like me you will find love!

I want you online. But before you put yourself out there, I want to give you some advice about how to show up, set your expectations, stake your claim, have some fun, and ultimately find a loving partner.

And know this: just because you're online, that doesn't mean it's the only way you can meet men. You can meet them in the grocery store, during Sierra Club hikes, at your friends' parties, and on blind dates set up by your friends and relatives. This just exponentially increases your chances.

So get out there and have some fun! But read this first. There is a right and wrong way to do this. The wrong way can leave you exhausted and resigned to failure; the right way can be fun and ultimately lead to your heart's desire.

You have my love and support,

Bp

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5 Things to Consider Before You Get Online

Let's face it: meeting men is hard, especially if you're over 40. You're not meeting men at work or in bars anymore. Your circle of friends is likely the same as it's been for years, so there may not be many chances to be set up with great guys.



Being online means you can meet hundreds of men.

If you've been avoiding going online because you're thinking it's only for 20 year olds...think again! Dating sites report that their fastest-growing segment is people over 50.

Online dating is the new hot spot for boomers and older adults! As a woman over forty, you need to do a little extra work. But like me and many of my clients, you can meet your dream man.

Here are **five tips to consider as you get you started.**

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#1. Be the Boss

No, I don't mean be bossy. I mean be in control of your experience. Online dating opens you up to thousands more possibilities, and it's a completely new way of meeting people.

Make some decisions and set some personal guidelines about how you want to integrate it into your life. How many hours will you spend each day? (Warning: this can get addictive!) What things can you do to ensure your physical and emotional well-being as you talk to and meet people? What can you learn or change to be a successful dater?

Intuition and special situations will create forks in the road. And as time goes on, you'll likely tweak some of these decisions. Considering some things up front, however, gives you a tentative roadmap and, more importantly, an expanded awareness. It gives you something to refer back to when you get a little off track.

I want you to have fun, be open to new things, and enjoy the experience; just do it consciously and like the grownup woman who you are.

Remember those jerks you met in bars 30 years ago? Well, a few are still out there; they just have gray hair now. (That's my husband, Larry's, line.) You need to be able to deal with all men in a classy, direct manner, and the best way to do that is to have a good sense of what you want and who you want to "be" out in the dating world.

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#2. Stand out

Plain and simple: you have competition, girlfriend. As we age, the ratio of women to men grows further apart. Some statistics say it's as much as 11 women to each man after 55. Yikes!

If you're dating after 40, I want you to *stand up* and *stand out*. You're reading this, so you're already ahead of the game. Make sure your



pictures are great. Get them done professionally. (Come on...is \$200 too much to spend to attract a fabulous man? Larry contacted me less than one month after I changed to professional pictures. In fact, so did dozens of other men. Was it worth the money? You betcha!)

A well-written profile is your ticket to success. A poorly written one can set you up for a bad experience from the get-go. Your best bet is to have a professionally written profile that clearly, honestly and engagingly describes who you are and what you want.

Your profile needs to be unique and *speak to men*. Here's a tip: If your best girlfriend loves it, it probably sucks because it's too girly.

Every communication needs to scream how special you are, show your personality, and tell him you're interested. "Hi, I like your profile" on the subject line means you're going to wait in line or get deleted. Flirt a

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little and have some fun. Like you, men are looking for dates who are enjoyable to be with.

You will find tons more tips about profiles and emails in the Online Dating category in [my blog](#).

#3. Be honest

You're online, but your goal is to actually *meet* men, yes? One of the top complaints of men is that we post pictures that are...let's say...out of date. Just don't do it. Post lovely, yet current, pictures. It's disingenuous and a waste of time to do otherwise.

Also, be clear about what you're looking for. I find that at 40, 50, and beyond there is a wide spectrum of what type of partner men and women are looking for. You have reached the age when you know yourself and what you want – not like when you were 20 and had the “anything goes” attitude. (It was probably more like the “whoever wanted me” attitude.)

Whether you want a dinner partner or a husband, put it out there. You have the right to ask for, and get, exactly what you want in a relationship.

There's no need to scream it, but weave it into your profile. If you want a life partner, you don't attract that man who is out there “just having

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fun.” (Trust me, with Viagra and a computer...a man can have a lot of fun these days!)

#4. Consider a makeover

When is the last time you updated your look? Have you changed the way you apply your makeup or wear your hair? Have you bought any new styled clothes?

Doing this is as much about looking good for a man as it is about *feeling good* for yourself. A confident woman who takes care of herself and looks healthy is a man magnet.

Go to your local department store and have a free makeup session. All the lines do this, did you know? Splurge for a fancy hairstyle. Check out catalogs like [Coldwater Creek](#), [J Jill](#), or [Chicos](#). You don't have to necessarily buy – but check out what's hot (and what's not).

#5. Check your baggage

Yes, I do mean don't drag your nasty divorce, money troubles, or last case of indigestion into the conversation. At least not anywhere near the beginning of getting to know someone. (There's more about this later in point #3: Put Your Best Foot Forward.)

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As important, don't drag in all those beliefs and decisions you made 20 years ago. The woman you are today is nowhere near the girl who dated way back when.

It's time to review all your checklists. Check the one that defines "the perfect man" and what he must do or not do to get to the next

date.

Check the one that has all your "truths" about yourself, about dating, and about men.

It's important to take time to ground yourself in who you are and what you want in your life today. Do this by yourself, with a friend, or [with a coach](#). But do it.

Remember, staying the same means staying single, sister.

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So now that you have connected with a nice man online, here are:

*12 Things to Consider
Before Your Online Meet-Date*

When you're using online dating, if you remember nothing else, remember this: when you meet for the first time after connecting online, it's just meeting; it's *not* dating. Most men look at this as a way to connect to decide if he wants to go on a date with you.

You have to know how to get past the meet-date to get to the real date. (If you want to, that is.) Here are your success tips for this often-challenging part of the dating and mating game.

#1. Meeting is not dating.

The purpose of the "meet date" is only to determine if you want to go on a real date. It's not to get to know each other. For most men, this is their time to get a first impression and decide if he wants to get to know you better. If he does, he'll ask you on a real date.

Remembering this will help you better judge a man's interest and make more realistic decisions about his worthiness as a possible mate. If he

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doesn't present himself as overly interested or serious about romance, he may just be waiting for the real date to wow and woo you.

When he gets a good initial impression, he'll ask you out. When he asks, say "Yes, I'd enjoy seeing you again!" if you feel good with him. Then give him the real look-over on the date (as he will you).

#2. Be positive, and realistic.

Stay positive in the belief that **you will find your special man** who will rock your world. But be realistic by remembering that the majority of the men you meet won't be Mr. I Love You.

This will serve you well in managing your expectations and, therefore, disappointments. If he's not The One, it doesn't mean you can't have fun. If nothing else, you've had a nice evening and more practice for when you do meet him.

#3. Put your best foot forward.

Everyone, men and women, has negative attributes and secrets; and everyone worries about when to share them. The answer may be complex and depend on the situation, but the sure thing is NOT to share them on the meet date (or often even the first date).

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Divorce, family problems, a job you hate, friends or other men who have betrayed and disappointed you are off limits. If he asks or brings it up himself, respond with one or two sentences of a positive nature and sway the topic elsewhere.

For example: “It was difficult at times, but I learned a lot from that experience” or “Wow, we could talk about that for hours! Let’s put that in the queue for next time...I’d rather talk about your [travels; favorite movies, bands, or plays; preferences in food; or cats vs. dogs...]”

#4. Remember...you don't know him.



Until you spend time with him, you cannot know his character, his values, or how he would make you feel in a relationship.

Intuition and chemistry are real, but they’re not reliable indicators of the important elements of a long-lasting, adult relationship:

trust, respect, loving-kindness, etc.

Keep your reaction-to-attraction and intuitions in check, and lead with your intellect. It will serve you better in the long run.

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#5. Keep Your Eyes on the Prize.

You're looking for a good man with whom you can share deep connection, unconditional trust, mutual adoration, and a lifetime of happiness. Everything you do should be toward that end.

That means choose long-term happiness over momentary pleasure. Don't be intimate too soon, and do give him the time and attention needed to make a good and grown-up choice.

#6. Be in the moment.

Stop talking to yourself; you are there to talk and listen to him. It's hard. But being aware is the first step.

When you notice yourself in an over-analytical mode, tell yourself to stop and pay attention to the man sitting in front of you. If you don't, you may completely miss the man of your dreams.



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#7. Don't be a Fault Finder.

Be kind and practice empathy. He has fears and insecurities just like you. Don't get hung up on some little thing he does that "you just can't live with."

Consider why he's doing it and if it truly is a deal breaker. Then look at him again with the kind eyes of a woman working hard to find a good man.

And regardless of how you end up judging him, always leave him feeling good about himself—even if you're not going to see him again. You'll be doing the next woman a favor and sharing a true kindness to this nice man. Consider it a deposit in your dating karma bank!

#8. Show up on time, looking great.

I know; this seems obvious. But many of us don't do too well with our punctuality; we just focus on figuring out how to show up during our busy day. Many consider it rude for people to be late. And remember, this is your first and maybe only chance to get that great man to ask you on a date. Focus and give it the attention it deserves.

Make a plan to be on time and present yourself as the beautiful *woman* that you are. If you're coming from work, leave a few minutes early so you can go home and change out of your power clothes.

If you're taking a walk with him, don't even think of wearing your fanny pack and sweats. Dress femininely, and give him your gift of a big open

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smile. (As a note: if you absolutely hate when people are late, let him know that so he can make an extra effort. That way your date isn't a lost cause from the first moments.)

#9. Be a real lady.

Studies show that men are highly attracted to the feminine woman. That doesn't mean you need to act like a damsel in distress. In fact, that isn't at all attractive to real grownup men. Mature men want a woman who is strong and is able to take care of herself but also willing and able to receive from him.

On your meet date, let the man pay, accept his compliments graciously, and act with loving kindness. In studies, when men are asked why they chose their wives or girlfriends, they consistently identify her ability to receive and extend kindness as among the most attractive feminine qualities.

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#10. Don't rely on intuition. (AKA, Chemistry Sucks!)

You've probably relied a lot on whether you do or don't have "chemistry" with your dates. Isn't that one of the first questions your girlfriends ask you after a date? How has that worked for you so far? I thought so....Chemistry is for 18 year olds. Having chemistry with someone makes you feel good for the moment, but it can distract you from finding the man who has the MUST HAVES that make you feel like the lovely woman you are.



Here's the truth: instant chemistry doesn't happen often; and when it does, it usually fizzles as fast as it fires up. It's about superficial attraction. If you're looking for lasting love, it takes a whole lot more than being turned on to someone in the moment. Don't chase the butterflies.

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#11. Remember that you are more than your job.

At this stage in our lives, it can be hard not to focus too much on our careers when getting to know someone new. It's okay to spend a little time on this, but let him know the "why" of your job. *Why* you love what you do. *Why* it gives you satisfaction. *Why* you chose your profession. Then move on to other topics to let him know there's more to you than your job.

Don't let what you do for a living define who you are. You don't have to prove that you're smart. He asked you out; he already knows that. Now he wants to know all the other juicy, yummy stuff about you.

#12. Discover, Don't Decide.

Go on your initial dates or meet-dates with the idea of discovering who this person is instead of deciding if he is or isn't "The One." That's what relationships are for.

Dating isn't about getting him to like you or making him fit your expectations. It's to discover the who, what, where and why of him (and he of you). Take off your rose-colored glasses, keep your fantasies in check, and SEE who he is before you DECIDE who he is. Now you're dating.

3 Things to Remember to Keep It Positive

#1. Have fun while you practice.

Every meeting and date is practice that brings you closer to Mr. I Love You. Statistically, your meet-date won't turn out to be him. So what?

Enjoy the time and be open to what comes up. Don't come in with an agenda, and don't let it ruin your time if, in the first 10 minutes, he doesn't appear to be your man. Just relax and let yourself enjoy. You never know; you may just let yourself relax into a very nice feeling.

You can also use this as a time to help boost the man's self-esteem. (Yes, men are as nervous and insecure as we are.) He was nice enough to "pick you" and make the effort of meeting you. (Remember, as we get older the men have way more choices than we do.)

Unless he's a real creep (which very, very few men are), help him feel good about himself by giving him some compliments and thanking him graciously. Try to learn about him and find what's unique and interesting. You can learn and gain something from just about anyone.

#2. Reject Online Rejection

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If a guy doesn't respond to your "wink" or doesn't follow-up after a few e-mail exchanges, it's not rejection. Here's why:

He doesn't KNOW you. He only knows your photo and your profile and maybe a few lines about where you like to travel or what your favorite movie is.

Maybe he isn't picking you because he has a thing for blondes, or women who are Jewish, or someone who skis. Just like you have your criteria, he has his. And it's better he not waste your time if you're not his cup of tea.

Unfortunately, guys moving into their 50s have a statistical advantage in this online looking-for-love game; there are more of us than them. So the handsome, full head of gray hair, athletic-looking doctor probably has 55 other women in his in-box distracting him.



Don't let this get to you! It's NOT rejection, and it will only slow you down if you consider it so. And just remember all the guys you "reject" as well. Move on, sister!

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Just a quick note here: Remember dating “karma”? Instead of hitting the delete button, if you don't like someone send him a quick note thanking him for his interest and wishing him good luck on his journey.

#3 Pace Yourself

Slow and steady wins the race – and the right guy. My advice is to date as many guys as you can without losing your mind. Don't suspend your Match.com account just because your heart is going pitter-patter over someone you've gone out with a few times.

Keep answering the “likes” and emails that appeal to you. Try to keep yourself open to all men until you have an exclusive relationship. You've waited this long for your Mr. Right, so don't waste six months on a guy who wants to see you once a week. (Even though you want him all the time.) Maybe it will turn into more, but in the meantime please keep your options open. Don't ignore all those guys in your inbox looking for attention. They've picked you already...you're more than 50% there!

If you go “all-in” too soon, you'll likely go down the crazy woman's path of dashed hopes and disappointments and burn yourself out. Keep your head and wits about you, stay open, and remember that regardless of what a man who doesn't know you thinks, you are a special, lovely woman who deserves love.

Stay in it....and it will come.

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And Finally...

Ultimately, I learned that the only way to find a lasting and loving relationship is to become a smart, confident, and complete woman who merits the love of a good man.

A large part of that journey is being open to learning and having the courage to do new things, even when they're difficult or scary.



If you're not already online, get there. If you are online and you haven't met your special man yet (which I assume you haven't because you're here), take my advice to heart.

Trust me when I say that you're likely doing *something* that's standing in your way of meeting a good man to spend your life with. Great news! You can fix it! Stay open to new people and new ideas. [Read my other articles](#) and those by others about online and other forms of dating. Learn what you can about how men think and feel. (They're simply different than us, not better or worse.)

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Keep Hoping and Get Support

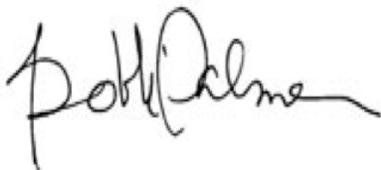
If you're looking for **more expert, gentle guidance and support** as you continue your path toward happiness, it would be my greatest gift to be of service to you.

Email me at bobbip@datelikeagrownup.com or call me at **562.608.8685**. You can also check my website at www.DateLikeaGrownup.com for my many other ways you can dig deeper and go further with me.

Let's talk about your dating and relationship challenges, and we will see how working together can be of benefit to you.

Be good to yourself in your search for love.

You have my love, support and admiration for your courage and commitment to finding love.



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