



Discussion Guide for *Date Smarter*

This reading guide is designed to help you reflect on key concepts from *Date Smarter* and spark meaningful conversations, whether you're exploring the book solo or with friends and family.

1. How has your dating journey been shaped by intention (or a lack of it)?

2. How would you approach deciding on your own Date Number?

3. What are your thoughts on using accountability partners ("Date Mates") in your dating journey?



4. Have you ever experienced burnout in dating? What strategies from the book do you think could help prevent it?

5. How comfortable are you with meeting people offline? Are there approaches from Date Smarter that could help you expand your comfort zone?

6. What's one way you could take more initiative in your dating life moving forward? How can your friends or family support you in taking this step?



What's Next?

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Get actionable tips, research-backed strategies, and even more practical strategies to help you date smarter.

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