



# Reader Challenges from *Date Smarter*

These Reader Challenges are practical, actionable exercises from my book *Date Smarter*, collected here for easy reader access. They are designed to help you take proactive steps in your dating journey. They may also serve as inspiration when filling out your [Date Mate Contract](#) or [Accountability Tracker](#).

## Chapter 3: Your Date Number

- Develop a Date Number to serve as a tool for taking action to overcome these challenges.
- Set one implementation intention to kickstart your Date Number journey.
- Ask two friends to be Date Mates.

## Chapter 4: Finding Your Type

- Revisit chapter exercises as your circumstances or perspective change.
- Choose a new venue to visit this week. Be intentional with the selection and record your experience. Even if you didn't meet anyone, did you have fun?



## **Chapter 5: Old-Timey Romance**

- Send a Bat-Signal to family and friends. Let them know you're looking and open to being set up.
- Switch one daily routine this month. Observe how this changes the people you encounter.

## **Chapter 6: Making Your Move (Part I)**

- Get a Foot-in-the-Door with someone this week by asking for a small favor. Or, if you prefer, try a playful assumption.

## **Chapter 7: Making Your Move (Part II)**

- Practice testing the waters. Pay attention to the energy you're receiving, noticing if the other person seems open to engaging further.
- Give three genuine compliments this week. Record in a dating journal whether this action sparked further conversation.

## **Chapter 8: Dealing with Rejection**

- If you haven't already, draft your own Graceful Exits and Feel-Better List.
- Approach someone new. Be prepared to use a Graceful Exit should they not be interested.



## **Chapter 9: IRL vs. the Algorithm**

- Revisit the “Good Meeting Venues” you listed in Chapter 4. Choose one you haven’t been to in the past month and make a point to go there this week.

## **Chapter 10: The Third Door**

- For the next two weeks, reduce the hours you would typically spend on dating apps. Invest this extra time in meeting people IRL.

## **Chapter 11: Irresistible Online**

- Review your photos. Swap any selfies for more flattering candid photos.
- Ask two friends to rank the engagement level of different parts of your profile. Which aspects are they most likely to comment on?

## **Chapter 12: Swipe Smarter**

- Pull out your apps and update your settings to allow for greater flexibility.
- Track the amount of time you spend on dating apps this week, then decide if you need to institute limits.



## **Chapter 13: Plan the Perfect Date**

- Check in a day or two before your next date to confirm plans and maintain excitement.

## **Chapter 14: The Steve Jobs Turtleneck and the 80/20 Rule**

- Find a dating uniform to help prevent decision fatigue.
- Identify two convenient options to serve as default date spots.
- Revisit your answer to “What would you do to try to meet your life partner if you could only spend two hours monthly?” Find two hours in the next month to apply to this activity and record the outcomes.

## **Chapter 15: When to Stop Dating**

- While dating this month, experiment with ways to show up as a Satisficer, as opposed to a Maximizer. Maybe that means going on a second date even if you normally wouldn't. Note any differences you experience.



# What's Next?

If you've enjoyed this resource, you might also enjoy my free weekly newsletter, *Tim's Dating Digest*.

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