

Pre-Date Checklist

Disco Gary says "DISCO before you go!" Your SuperLOVED 5 Point Pre-date Checklist!

Follow these steps before every date.

- D- Dress beautifully.** Wear something that feels great & flatters your body. Take the time go shopping for a fun outfit or shop in your closet! GIVE yourself adequate time to prepare and *nurture yourself* so you look your best.
- I- Investigate the date location.** If you are just on the first or 2nd date, make sure that you are going to a place where you feel **SAFE** and **SECURE**. If not suggest a place that you do.
- S- Stay sober:** you are looking for your life partner so it is important that *you have all your faculties*, are **PRESENT** and mentally "*available*". Choose not to drink at all or limit your drinking so that you can **consciously communicate** & make *clear smart decisions*.
- C- Connect with YOUR vision of LOVE & values,** remind yourself that YOU are **seeking one who matches you** (*let go of obsessing about what he thinks of YOU.*) Be willing to be **vulnerable**, & Have the **COURAGE** to share what matters to you. **Just be you.**
- O- Own your vibe** & bring out of this world presence by following the steps above, then dancing to **Disco Gary's PRE-DATE Mojo Booster** before heading out on your date! **This is going to be a great date!!!!**

Hi! I'm Disco Gary!

