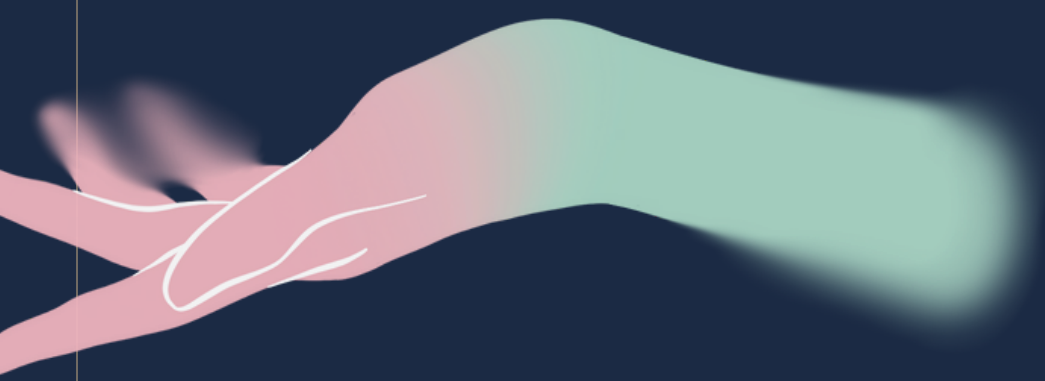




DATING COACH DIEHL'S

First Date *Formula*

*10 steps from "we should hang out sometime"
to "down for round 2?"*



@DATINGCOACHDIEHL · INSTAGRAM & TIKTOK · STAN.STORE/DATINGCOACHDIEHL

hey, it's *Genny!*

You like them, they like you, someone says "we should hang out sometime"... and then nobody plans anything.

This is my formula for fixing that. It's the same playbook I give my students: how to tell if a match is worth a date, how to suggest one without it feeling like a big deal, where to go, what to wear, what to talk about, who pays, and what to text after.

Every grey box is a text you can copy word for word. Screenshot the cheat sheet at the end and keep it on your phone.

IN THE DMS

- 1 Is this person worth a date?
- 2 Get the chemistry going
- 3 Get off the app
- 4 Set up the date, chill

PLANNING

- 5 Coffee, drinks or dinner?
- + 12 date ideas to steal
- 6 Talking before the date
- 7 What to wear

THE DATE & AFTER

- 8 First impressions
- 9 What to talk about
- 10 The bill
- 11 Following up

01 IN THE DMS Set yourself up *for* *success*

Is this person worth a date? Check these before you aim for one.

- **Do you have conversational chemistry?**
- **Do they give interesting answers?** When you ask questions, do they actually say something? Are they asking questions back, and are you both following up on what the other said?
- **Does their profile have something worth asking about?**
- **Do THEY ever ask questions?**

Said no to any of these? That's your sign to keep swiping, not to force a date. If your matches keep falling flat, my Online Dating Crash Course fixes the profile, the likes and the messages. Use code

FIRSTDATE at stan.store/datingcoachdiehl.

02 IN THE DMS Get the *chemistry* going

The power of voice notes.

If the conversation is running dry, send a voice note to spice it up. Some people just aren't charismatic over text. Hearing each other's voice before a date gives the connection room to happen.

COPY THIS

VOICE NOTE OPENER

"It's easier to say than type, so I'm sending a voice note haha... anyways, [this trip was wild / this bar is amazing / I'm obsessed with this artist because...]"

Nervous? Send a voice note to a friend first, do some jumping jacks and play a hype song to shake the jitters out.

03 IN THE DMS Get off *the app*

Congrats, you have a cool match! Now move the chat somewhere you actually check.

There are three main options outside the dating apps. To switch, be straight up and ask.

Texting

"also... do you want to text instead? 😊"

"here's my number btw, text me!"

Instagram

"btw, do you have insta?"

"I'm never on Hinge, DM me instead! @__"

Bonus: check their tagged photos to make sure they're not a catfish.

Snapchat

Over 22–23? Skip asking for someone's Snap, it reads as immature. One exception:

"I'll show you my dog over snap, add me! @__"

04 IN THE DMS Set up the date *in a chill way*

Don't put yourself out on a limb... invite them to walk on it with you.

COPY ONE OF THESE

"I want to hear this story again over [coffee / drinks / dinner] because omg that's crazy"

"I'd tell you right now, but it's way more interesting [after a drink / over dinner]"

"I need some wine in me before telling you that... this weekend?"

"Let's grab a coffee first"

WHEN THEY SAY "WE SHOULD HANG OUT SOMETIME"

"yes!! I've been wanting to try [place]. are you free Thursday or Saturday?"

These start a back-and-forth where you plan the date together.

Replies usually sound like: "I'm in! What's your week look like?" · "I'm free Thursday night, wbu?" · "That works, let's go to ___"

05 PLANNING Coffee, drinks *or* dinner?

LOWEST PRESSURE

Coffee

- Easy on your wallet and your schedule
- Lots of room to flirt without pressure for more
- Sipping fills the awkward pauses
- Your orders are an easy conversation starter
- Easy to offer to pay (see step 10)
- Daylight + public place = safe, literally and socially

AFTER WORK

Drinks

- The adult version of coffee, easier to fit around a 9–5
- A drink can make flirting feel easier
- **But:** you risk a warped first impression, and not everyone drinks

HIGHEST RISK

Dinner

- Good if you've been talking for a while: go straight to a meal (dinner, brunch)
- Less self-paced: you order, wait for food, wait for the bill
- An awkward dinner is worse than an awkward coffee

The sweet spot: a perfect first date lasts 1–2 hours and leaves you both wanting more. Save that "more" for the second date!

12 first dates *that aren't "so... drinks?"*

All short, cheap and easy to leave after an hour. The italic line is what to text.

Coffee + a walk

"there's a coffee spot by the park, want to grab one and walk?"

Farmers market

"I'm hitting the farmers market Saturday, come with?"

Bookstore swap

"let's go to a bookstore and pick a book for each other"

Mini golf

"I'm weirdly good at mini golf. wanna test that?"

Trivia night

"there's trivia at ___ on Wednesday, we'd crush it"

Dessert run

"have you tried ___? I need a second opinion on their ice cream"

Vintage or record shop

"want to dig through ___ with me this weekend?"

Museum late night

"the museum is open late Friday, want to go?"

Arcade bar

"loser buys the next round of tokens"

Golden-hour drink

"there's a rooftop with the best sunset, want to catch it?"

Taco crawl (2 spots max)

"settle this: who has the best tacos in town?"

Cozy wine or mocktail bar

"I know a cute little spot, perfect for that story you owe me"

06 PLANNING Talking *before the date*

Don't overthink this!

You got this far because you have conversational chemistry, so keep chatting at whatever pace feels comfortable. It's normal to talk a little less in the days before the date. What else is there to say before you meet?

Just send one confirmation text. Pick whichever fits:

DAY BEFORE

"Hey! Are we still on for [coffee / drinks / dinner] tomorrow?"

MORNING OF

"Looking forward to [coffee / drinks / dinner] :)"

RIGHT BEFORE

"I'm heading out now, ETA __:__!"

Safety check: meet somewhere public, get there on your own, and send a friend your date's name and where you'll be.

07 PLANNING What *to wear*

Keep it simple. Use this as your guideline.

Women

BASE OUTFIT

- Jeans and a fitted top: universally flattering
- Add personality with the cut of your jeans and your accessories

HAIR & MAKEUP

- Your usual routine and favorite products
- A first date isn't worth changing your routine. Save the blowout for date three, babes

IN YOUR BAG

- Contact case (if applicable... if feeling spicy)
- Lip gloss and makeup touch-ups
- Pocket tissues (good to have on you, always)
- Phone charger

Men & masc-presenting

Avoid looking dorky, over-dressed or under-dressed, and you're in the clear. Expectations are low!

SKIP THESE

- ✗ Stained or wrinkled clothes
- ✗ Khaki trousers
- ✗ A button-up buttoned all the way to the top
- ✗ A graphic tee at a nice restaurant

HAIR

- Keep it tidy and learn to style it: YouTube + gel, pomade, a hairdryer

SCENT

- Nice deodorant, and spray cologne early in the day so it isn't too strong

08 THE DATE First *impressions*

How to impress your date in the first five minutes.

THE GREETING

- Walk in with your head up and take in the room first. Then look for your date and **smile** when your eyes meet.
- Break the touch barrier with a hug hello, and notice how they react. Leaning in? A little stiff?

THE LITTLE DETAILS

- Put your phone face down on the table so they know you're paying attention.
- Ask questions, ask follow-up questions, and don't be afraid to share your own thoughts without being prompted.

09 THE DATE What *to talk about*

Forget fun facts. Let the emotions lead.

Before the date, think back over your day or week and note anything fun, exciting, happy or frustrating. Those are your stories. If you picked your date well, the conversation will flow either way.

STARTER QUESTIONS

"What do you geek out on?"

"What's a perfect day to you?"

"What was your most recent dream? Do you remember your dreams?"

"What's the best thing that happened to you this week?"

"What's something you're looking forward to?"

"What would you do with a totally free Saturday?"

The real trick is the follow-up. Pick anything in their answer you find interesting and ask about that. That's how small talk turns into a real conversation.

10 THE DATE The bill... *who's paying?*

How to handle it without it getting weird.

Coffee

- Paying for your own drink is normal, but it's polite to offer
- Want to stand out? Ask what they're having, go up and order (and pay) for both

Drinks

- Same move as coffee: order for your date and pay
- It's more expected for a man to buy a woman's drink

Dinner

- The man is usually expected to pay
- If you're a woman expecting him to pay, excuse yourself to the restroom when the bill is coming, or just keep talking like it isn't there

11

AFTER · BONUS

Following *up*

Congrats on your date! Now what?

IT WENT WELL

Text when you get home

"Hey, just got home. I had a lot of fun tonight. Down for round 2 next weekend?"

IT DIDN'T

Let them text first

If they don't text, it's okay to let it go. The feeling was mutual.

If they do, turn them down kindly. The coward's move is going dry and inventing excuses. The adult move:

"It was nice to meet you, but I think we're looking for different things."

The formula *on one page*

- 1 | Worth it? Chemistry, real answers, they ask back.
- 2 | Spark it. Chat going dry? Send a voice note.
- 3 | Move it. "do you want to text instead? 😊 "
- 4 | Suggest it. "I want to hear this story again over coffee"
- 5 | Pick it. Coffee is safest. 1–2 hours max. Tell a friend where you'll be.
- 6 | Confirm it. "Hey! Are we still on for tomorrow?"
- 7 | Wear it. Simple, clean, your usual routine.
- 8 | Own it. Head up, smile, hug hello, phone face down.
- 9 | Talk. Feelings over fun facts. Follow up on their answers.
- 10 | Pay it. Offer on coffee; order for them to stand out.
- 11 | Follow up. "Just got home. Had a lot of fun. Round 2?"

YOU GOT THIS

First dates are always *a bit awkward...*

which is exactly why you go on a second one. Want more help? Here's how I can support you.

Online Dating Crash Course

A total Hinge glow-up beyond just your profile: how to send likes, what to message, and how to turn matches into dates. Use code

FIRSTDATE.

[Get the course →](#)

Private Coaching · 4 weeks

We tackle all of it together, from "what do I text back?" to the deeper insecurities.

[See coaching options →](#)

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