

Design Your Dating Life

The five-worksheet printable pack

Five one-page worksheets — Dateview, Lifeview, the Good Date Journal, the Meeting Map and Three Dating Futures — adapted from the design-thinking approach used in Stanford's Designing Your Life course, rebuilt for men who are successful everywhere except their dating life.

You would not run a project at work by waiting to see what happens. This pack is the same discipline applied to the one area of life most men leave to luck.

HOW TO USE THIS PACK

1. Print single-sided on A4. Handwriting beats typing for this work.
2. Block one quiet hour for the Dateview and Lifeview. Do them on different days.
3. Run the Good Date Journal for two to three weeks. Five minutes after each date or social evening.
4. Do the Meeting Map once you have journal entries to draw from.
5. Finish with the Three Dating Futures. Ninety minutes, all three lives, no editing yourself.

“A dating life does not arrive by luck. It is designed — one honest page at a time.”

For one-to-one coaching — in person in London or online worldwide — visit themoderndatingstudio.com or book a free 30-minute call at calendly.com/giuseppecall/30min

- Why date at all? What is it for, beyond “not being alone”?
- What kind of relationship do you actually want — not the one that sounds impressive?
- What do you bring to a relationship, honestly stated?
- What will you not negotiate on? What have you been filtering on that does not matter?
- What role do the apps, work and your current week play in all of this?

The Lifeview

Write 250–500 words on the life you want in three years, on a different day from the Dateview. Then read them side by side and see whether the man in the first page could live in the second.

PROMPTS TO ANSWER INSIDE YOUR PROSE

- Describe an ordinary Tuesday evening three years from now. Who is there?
- What does a good weekend look like? Who do you spend it with?
- Where do you live, and how does work fit around life rather than over it?
- What do you want more of? What are you done with?

COHERENCE CHECK

- Where do your Dateview and Lifeview support each other?
- Where do they contradict? The contradiction is usually the real work.

The Good Date Journal

For two to three weeks, log every date and every social evening where you met new people. The point is data on engagement and energy — not a verdict on yourself.

DATE / SETTING	ENGAGED 1-10	ENERGY +/-	WHAT WAS GOOD OR BAD?

END-OF-WEEK REFLECTION

- Which settings keep showing up on your high-engagement evenings?
- What drains you regardless of who was there — and what never does?
- What will you do more of next week? What gets dropped?

The Meeting Map

Take one moment from the journal where you felt genuinely at ease with someone new. Put it in the box, then branch outwards without editing — places, activities, people, ideas.

SEED MOMENT — WRITE IT HERE

Branch freely in the space below. Quantity first; judgement later.

THREE-CHANNEL MASH-UP

- Channel 1 — one recurring weekly thing where the same faces return. Name it, with day and time.
- Channel 2 — three people who could introduce you to someone. Name them.
- Channel 3 — the one app you will keep, with a weekly time limit. Delete the rest.

Three Dating Futures

Sketch three genuinely different three-year futures for your dating life. They are not predictions — they are options. Score each one honestly, then steal the best pieces for next month.

FUTURE A *Your current approach, extrapolated. Same apps, same week, same effort — for three more years.*

Six-word title: _____

REALISTIC ○○○○○ EXCITING ○○○○○ CONFIDENT ○○○○○ COHERENT ○○○○○

FUTURE B *The apps are deleted tomorrow and cannot come back. What do you build instead?*

Six-word title: _____

REALISTIC ○○○○○ EXCITING ○○○○○ CONFIDENT ○○○○○ COHERENT ○○○○○

FUTURE C *Fear and other people's opinions are removed. What would you actually do?*

Six-word title: _____

REALISTIC ○○○○○ EXCITING ○○○○○ CONFIDENT ○○○○○ COHERENT ○○○○○

Now the real question: what is one piece of Future B or C you could pull into next month? Write it as a dated action — then bring the pack to a free 30-minute call if you want a second pair of eyes:
calendly.com/giuseppecall/30min