

ARE YOU READY TO DATE?

You may have a good idea as to the type of person you would like to date but how dateable are you? Check out Trea Tijmens' checklist to get you started.

Are you divorced, widowed, single or recently out of a relationship? Would you like to meet someone special? Are you ready to start dating? Check your dateability by asking yourself the six following questions. Remember, be honest.



1. ARE YOU EMOTIONALLY READY?

Are you really over that ex? Your future date does not want to hear about your past relationships.

2. ARE YOU WILLING TO MAKE DATING A PRIORITY?

While it is excellent to live a full life, you have to be willing to make yourself available to date. Are you ready to invest the time and effort needed in order to successfully date?

3. ARE YOU HAPPY?

Happiness is an inside job and you are responsible for your own happiness. Happy people are delightful to be around and that will help you greatly when dating.

4. ARE YOU READY TO PUT YOUR BEST SELF OUT THERE?

Do you feel well (physically and emotionally) and confident? Are you ready to make the effort to look your best and put your best foot forward?

5. DO YOU HAVE A POSITIVE MIND SET?

Are you optimistic and excited to discover the wonderful other singles out there? Are you willing and able to see the good in others, as well as yourself?

6. DO YOU HAVE REALISTIC EXPECTATIONS?

If you are looking to date way out of your league in terms of looks and age for example, you may be setting yourself up for failure. With realistic expectations dating should be a fun, positive and rewarding experience.

If you answered all or most of these questions with "yes," then you are dateable and it's time to get out there. ●

GET READY TO DATE

For Trea's top tips for finding love in Switzerland and to find out about SuccessMatch, matchmaking for international professionals, visit

www.helloswitzerland.ch/dating

