

A 5-Step Playbook to
Attract Love with
Strategy & Soul

DATE LIKE A CEO

(Or Just a Badass Woman):

Want to date smarter, not harder? Here's the guide I wish I had before I went on 60 app dates (yes, I tracked them). This isn't fluff—it's a strategy-driven playbook to help successful women call in soulmate-level, lasting love. Grab a pen and treat this like a meeting with your most important client: ***You.***

Note: Journal prompts are questions meant to spark honest reflection. You can write your answers in a notebook, notes app, or even voice them to yourself. This is where the magic begins.

DATING
BACK TO
LOVE

STEP 1

CLARIFY YOUR BRAND

(aka Your Essence)

What do you **really** want from a relationship? Before we manifest the aligned partner, let's get radically clear. Below is a 3-part checklist structure to help you Map it out like a CEO:

THE CHECK LIST:

- ✓ **Emotional Needs** – e.g., consistency, emotional safety, being seen & heard
- ✓ **Lifestyle Compatibility** – e.g., travel pace, family plans, health habits
- ✓ **Relational Dynamics** – e.g., communication style, conflict resolution, decision-making
- ✓ **Masculine Energy Traits** – e.g., grounded, protective, takes initiative
- ✓ **Bonus Desires** – e.g., he dances in the kitchen, or makes you laugh till you snort

PRACTICAL TOOL:

Use a simple checklist (on paper or a notes app) with the above categories. Mark what's essential vs. nice-to-have.

Then, flip the lens with this power prompt: **How do I want to feel in this relationship?** And equally: **How will I make him feel?**

ENERGY REMINDER:

You deserve to be treated like a queen, to receive just as much (or more) than you give. If you've been a giver your whole life—it's time to rewrite that story. Receiving is your new standard.

- * Define your 3 core values in love (e.g., honesty, playfulness, emotional safety).
- * Create your dating mission statement in one sentence.
- * Want to go deeper? Create a vision board of how the relationship feels: images of trust, laughter, luxury, teamwork, and intimacy. You're not just asking for a man—you're aligning with a partnership that mirrors your worth.

Journal Prompt: If my love life was a brand, what would it stand for?



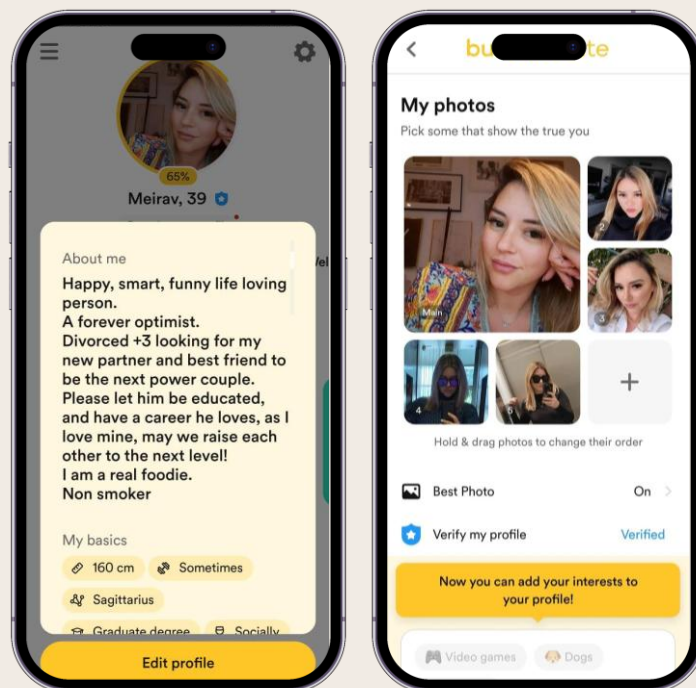
STEP 2

UPDATE YOUR ASSETS

(Profile + Photos)

Here's a real-life example from my own journey (yes, that's me!). This profile was crafted to show warmth, ambition, optimism, and clarity on what I want—and it worked.

Notice how I talk about who I am *and* what kind of relationship I'm calling in. Use your 'About Me' to speak directly to the person you want to attract, and make it easy for them to imagine a future with you.



CHOOSE 5 PHOTOS:



1 smiling headshot



1 full-body



1 hobby shot



1 social pic



1 fun/quirky

ADD A STRONG CALL TO ACTION:

(e.g., "Let's swap travel stories over wine.") and answer all the profile questions on the app honestly. They'll reveal more about you than a perfect bio—and the right people will *read them*. If someone takes the time to mention your answers, that's already a green flag.

TOOL:

Try using ChatGPT to generate a draft dating bio based on your values and vibe.

Journal Prompt: What would someone who swipes right on me *need* to know?



STEP 3

SET YOUR KPIs

(Key Partner Indicators)

MAKE A FEEL-GOOD FILTER:

What are your 3 post-date check-in questions?
Here are some to consider:

? How did I feel in my body during the date—safe, relaxed, excited, tense?

? Did I feel seen, heard, and respected?

? Do I want to see this person again—or do I feel like I “should”?

FEEL FREE TO PERSONALIZE THESE SO THEY REFLECT WHAT TRULY MATTERS TO YOU

* Track emotional energy after each date(High/Medium/Low scale).

* Create a red flag + green light checklist.

TOOL:

Use a Google Sheet or journaling app to track dates, patterns, and insights.

Journal Prompt: What 3 things define a successful date for me?



STEP 4

BUILD YOUR FUNNEL

(And Stick to the Flow)

AWARENESS:

Choose 2-3 apps that match your intention (serious/fun/curious).



ENGAGEMENT:

Save your go-to openers & follow-up messages in Notes or a shared doc.



CONVERSION:

Set a limit—move from chat to real life within 5–7 messages.

TOOL:

Treat this like part-time work. Schedule at least 1 hour a day to intentionally connect with new prospects—quality over quantity, but volume still matters. Before swiping, put on your hype playlist, dance it out, and align with your highest energy. Dating is an energy game too—your vibe sets the tone. Here's your ****Pump-Me-Up, Sing-Out-Loud, Dance-Like-Nobody's-Watching**** playlist.

LET THESE ANTHEMS MOVE YOUR BODY AND YOUR ENERGY:

1 Ciara – Level Up

2 Beyoncé – Break My Soul

3 Janelle Monáe – Make Me Feel

4 Dua Lipa – Dance The Night

5 Ariana Grande – Into You

6 Miley Cyrus – Midnight Sky

7 Jessie J – Domino

8 Lady Gaga – Rain on Me

9 Ava Max – Kings & Queens

10 Britney Spears – Stronger

Journal Prompt: Where in my dating funnel do I tend to sabotage or settle?



STEP 5

LEARN AS YOU LEAD

(Energy, Alignment & Direction)

Every date, message, and moment is feedback.
The question is: are you paying attention?

USE THIS ALIGNMENT CHECKLIST

- ✓ Did I feel like myself before, during, and after the interaction?
- ✓ Did I stay true to my values—or override them to keep peace or people-please?
- ✓ Am I moving forward with curiosity—or clinging out of comfort or fear?
- ✓ Do I feel emotionally nourished, neutral, or drained after connecting?
- ✓ Did anything feel forced, unclear, or off? Trust that.

WEEKLY TOOL:

Check in with this list every 3-5 days. Write down patterns. Celebrate even the smallest wins of alignment.

THIS PROCESS IS ABOUT LEARNING THROUGH THE JOURNEY— NOT RUSHING THE DESTINATION.

Journal Prompt: What have I learned this week that confirms I'm getting closer to the relationship I want?



FINAL NOTE FROM MEIRAV

Dating is not a game, it's a campaign. And like any worthwhile goal in life, it takes effort, reflection, and resilience. Ask yourself—how long and how much work did it take to receive the best things in your life? A degree? A career you're proud of? Maybe children, a business, or finding a home? Most of us went through 5+ jobs, relationships, or cities to get to the right one. So why should love be any different?

Until then—remember
YOU'RE THE ONE WORTH FALLING FOR.

READY FOR MORE?

I'm currently on the journey of writing my book and sharing my wild, hilarious, and eye-opening dating-to-love stories on podcasts.

Follow my journey on Instagram for stories, sneak peeks, and the love lessons I learned—one swipe at a time.



@datingbacktolove

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