FREE FROM JOHN SONMEZ

THE FIRST DATE PLAN: FROM THE FIRST TEXT TO THE SECOND DATE



There's a lot you can do to help your chances on a first date. Most of it happens before you ever sit down.

Here's the big one. The man leads. You set the date, you plan it, and you make the decisions. Women really respect a guy who knows what he wants and just says it.

The first date isn't about learning her whole life story. It's about meeting in person and seeing if you two can have a good time and laugh together.

So I put the whole thing in order for you. Setting it up, picking the place, what to talk about, paying, the end of the night and the text after. Follow the plan and you'll come across different than most guys she's been out with.

THE FIRST DATE PLAN

A FEW RULES BEFORE YOU START

- Have a plan. Even if it's just drinks, know where you're going and what comes next.
- Keep it light and fun. No interview questions, no serious topics.
- Don't try to buy her approval. No gifts, no grand gestures to win her over.
- Pay attention to her signals and respect them. If she's not into it, back off and keep it fun.
- Don't take it personally if it doesn't click. It just means you two aren't a match.

That's the plan. Lead it, keep it fun, and don't make it a big deal if one date doesn't work out. Keep putting yourself out there.

STEP 1: SET IT UP BY TEXT

A few fun texts, then the ask. Save the conversation for the date.

1. **Send a few funny, flirty texts. Bring up an inside joke from when you met.**
   Don't become pen pals. Hours of texting kills the mystery before you meet.
2. **Give her the place and the time. "Let's meet at [place], 7 on Thursday."**
   Not what do you want to do. You make the plan.
3. **If the time doesn't work for her, ask what works best.**
   Whoever turns down the time suggests the next one.
4. **Keep it flirty, never sexual, before the date.**
   If she takes it there, slow it down. Say you'll talk more in person.

STEP 2: PICK THE PLACE

Somewhere public that you know well.

5. **Meet her there. Offering to pick her up is fine, but she should get there on her own.**
   Most women won't want a guy they just met knowing where they live. Respect that.

6. **Go somewhere you know, or scope it out ahead of time.**
   You can lead better when you know the place.

7. **Sit side by side. A bar seat or a booth, not across a table.**
   It's more relaxed, and you're not sitting there like a job interview.

8. **Bring her into your world, or try something new together.**
   Something you're good at, or something neither of you has done. Both work.

STEP 3: TIMING AND STOPS

Make it an experience, not just dinner.

9. **Plan more than one thing. Meet at the park, walk around the lake, then dinner.**
   Moving around keeps it interesting and gives you more to talk about.

10. **Drinks are fine if you want casual. Just have your next stop in mind.**
    Even a simple date needs a plan.

11. **Want a little mystery? "I've got something planned. Wear something nice."**
    Tells her it might be fancy without giving it away.

12. **Day of, confirm with a question: "Are you driving or taking an Uber?"**
    Don't ask if she's still coming. That just gives her an easy out.

STEP 4: WHAT TO TALK ABOUT

Light, flirty and funny. The serious stuff can wait.

13. **Skip the interview. No how many siblings, no what do you do for work.**
    That stuff makes a date feel like a meeting.

14. **Ask something fun instead. "What kind of pasta are you?"**
    One guy answered bow tie, because he's a distinguished gentleman. Way better than his job.

15. **If she asks what you do, play with it first. "I'm a proctologist." Then tell her the truth.**
    Tease a little, drop the act, then move on quickly.

16. **Keep some mystery. You don't have to tell her everything tonight.**
    You'll learn the rest on the next dates.

STEP 5: PAYING

It's not about paying or not paying. It's about why.

17. **Decide your rule before the date and stick to it.**
    If you pay, pay because you want to. Not to buy her affection.

18. **Don't expect anything back for buying dinner.**
    Obligation kills attraction. She doesn't owe you anything.

19. **Skip the flowers and gifts on a first date, unless it truly comes from a good place.**
    What matters is why you do it. Trying to impress her shows.

STEP 6: CLOSENESS AND THE KISS

Chemistry comes from a little closeness. Respect always comes first.

20. **Get a little closer as the date goes on. Show her something on your phone, lean in.**
    Women go on how you made them feel. No closeness usually means no chemistry.

21. **Watch her signals. If she's leaning in and enjoying it, keep going. If not, back off.**
    You're not trying to be pushy. You're finding out if she's into it.

22. **If it's going well, go for the kiss before the very end of the night.**
    Don't wait for the awkward goodbye moment.

23. **If she turns her cheek, no big deal. Smile and keep having fun.**
    How you handle it says a lot. Never push past a no.

STEP 7: THE ENDING AND THE TEXT AFTER

The goal is the second date.

24 **Send one text later. An inside joke from the date, then set the next one.**
Example: "Still laughing about the bow tie thing. Round two Thursday at 7?"

25 **If it didn't click, let it go. Don't take it personally.**
It's nobody's fault. Go find the person who's right for you.



HI, I'M JOHN SONMEZ

I was a shy, insecure kid. I built Bulldog Mindset to help men build real confidence with women, with people, and in themselves. Discipline is the method.

Everything in this guide comes from things I've taught on my channel, my podcast and inside Bulldog Mindset.

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