30-Day Dating Reset

November 11, 2026
Reflect on dating preferences and plan small steps toward meeting people.

What this guide covers

- Review recurring dating patterns.
- Clarify values and relationship preferences.
- Plan a profile, conversations and low-pressure ways to meet people.

Who this is for

For adults considering a more intentional approach to dating.

Putting the ideas to use

Adapt the reflection prompts to your own preferences without expecting a guaranteed outcome.

Book details

Format: Guide. Pages: 18. Words: 2403.

Download availability: After payment, download the complete ZIP package or the included PDF separately.