



THE BROOM LIST PRESENTS

The Rule of 3

A First Date Confidence Guide



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As seen on TODAY, Good Morning America, The New York Times, and Bravo's Kings Court

A NOTE FROM TENNESHA

You are more ready than you think.

If a first date makes your stomach flip, good. It means you care about the outcome. But after years in the relationship space and more than 250 curated introductions since 2020, I can tell you the thing that separates great first dates from forgettable ones is not luck, looks, or even chemistry. It is presence. And presence is a skill you can practice.

Walk in with the right expectation. You are not there to decide whether this person will be your husband or your wife. You are there to have a good time, to share who you are, and to learn enough to answer one question: is this someone worth seeing again? That is the whole job of a first date.

This guide gives you what I teach my private matchmaking clients before every introduction: how to prepare for the date like it matters, how to communicate confidence before you say a word, how to have a conversation that actually connects, and the mindset I call the Rule of 3 that takes the pressure off the night.

Read it before your next date. Then go enjoy yourself. That is the whole point.

*“You are not deciding your forever tonight.
You are deciding your next three hours.”*

Tennesha

Plan like you mean it.

In our world, the gentleman plans the date, and he plans it fully. The plan is the first thing she learns about you. Lead it well and the evening is already half won.

1 Talk before you meet.

About a week out, a short call or FaceTime. Ask what she loves to eat and do. You are collecting the plan.

2 Plan it fully.

Reservation made, details handled, the evening built around something she mentioned. Extra credit if you can teach her something you love.

3 Text her the plan.

A few days out, so she knows what to wear and when to arrive. Confirm the day before.

4 Arrive first. Never late.

Early enough to smooth out parking and any surprises. Lateness is the one first impression you cannot take back.

5 Dress the best version of the plan.

Clean, groomed, put together, even for casual. Then one breath at the door. You are there to enjoy her company.

The art of being courted.

He has planned an evening around you. Your part is warmth, presence, and grace.

1 Answer the call before the date.

Share what you enjoy. You are handing him the map to a good evening.

2 Wear the heels and the dress.

When we ask men what they are looking for, femininity is the word we hear most. Meet his effort with yours.

3 Let him lead.

The door, the stairs, the check. Let him. He wants to.

4 Say thank you, out loud.

For every gesture, small and large. The simple thank you goes a very long way.

5 Stay present, stay you.

Leave the ex at home, let the wine keep your pace, and notice how you feel in his company. That is the real data.



PART III

Say it before you speak.

Long before the first question, your body has already answered it.

Arrive ten minutes early.

Put the phone away. All the way away.

Meet their eyes when you say hello.

Sit up straight. Shoulders back, chin level.

Keep your arms uncrossed. Stay open.

Please and thank you. Grace is visible.

Dress one notch up, groomed to match.

One breath at the door. In for four, out for six.

Presence is the best thing you can wear.

A conversation that connects.

Skip the interview. Ask for a story instead.

- What made you smile today?
- What has been the best part of your year so far?
- When did you last talk to your mom?
- What do you do when you are not working?
- What made you say yes to tonight?
- Where do you feel most like yourself?

A STORY FROM MY OWN FIRST DATE

On my first date with my husband, I jokingly asked to see the last five pictures in his phone. He actually showed me. His dog, and the fantasy football league he was managing. I learned more in that minute than an hour of polite questions. Go easier than I did, but ask something unexpected.

When they share something real, match it. You go first if you have to.

A delicate question? Share your side of it first. The door opens on its own.

Compliment with detail, and be kind to the whole room. Your date is watching both.

The Rule of 3.

The Rule of 3 tells you where you are at every stage, and what the only question in front of you actually is. Most first-date nerves come from asking the night to answer questions that belong to a later rung. Climb one at a time.

3 hrs

Do I like this person?

Is there chemistry? Do we have things in common? Do I want to peel back the onion? Would I enjoy three more hours? If yes, say yes to date two.

3 wks

Do we mesh?

A few dates in, look closer. What do I actually like about them? Does it fit how my life runs? Are they teaching me, showing me things I have not seen before?

3 mos

Do I choose them, exclusively?

By now you have enough information. Decide whether you want to see this person exclusively, to find out if they are your future. Do not sit in a situation waiting.

3 yrs

Do we build a life?

You have been exclusive a while. Marriage, and the values that shape everything: family, finances, intimacy. Decided here, never on night one.

None of this is decided on a first date. All you are worried about is that one night.

End with clarity.

Sometimes two people do everything right and it is still not a match. That is perfectly okay. What should never happen is two people leaving the same date with two different stories, one already planning the second date while the other hopes the phone stays quiet. Close the evening so you both walk away knowing where things stand.

IF IT IS A YES, SAY IT

“I had an amazing time with you tonight. I would love to finish this conversation soon. Are you free next week?”

Do not make them wonder. If you felt it, share it before you say goodnight.

IF IT IS A NO, SAY IT WITH GRACE

“I really appreciate your time and the thought you put into tonight. I am not sure we are a romantic fit, but I am truly grateful for the evening.”

Kind, clear, and complete. You both deserve to leave with the truth.

One note before you decide. Unless the evening went truly wrong, a second date is usually worth saying yes to when someone shows most of the qualities you are looking for. Charm can peak on night one. Real connection often needs a second evening to show itself.

And if the no comes to you, let it land gently. Rejection is a natural part of dating, and most of the time it is about fit, timing, or where the other person is in their own life. It is rarely about your worth. Feel it for a minute if you need to, then release it. The person you are looking for will not need convincing.

BEFORE YOU GO

The night-of checklist.

- ☐ Confirm the time and place the day before. Certainty is considerate.
- ☐ **Safety check:** someone you trust knows where you are going and with whom.
- ☐ Choose the outfit the night before. The one you stand taller in.
- ☐ Arrive ten minutes early and settle in.
- ☐ Phone silenced and out of sight for the evening.
- ☐ One grounding breath at the door. In for four, out for six.
- ☐ Greet with easy eye contact and a warm hello.
- ☐ Sit tall, arms open, phone invisible.
- ☐ Lead with curiosity. One story question beats five interview questions.
- ☐ Trade one honest moment for one honest moment.
- ☐ Say thank you for the effort, out loud.
- ☐ Ask yourself only this: would I enjoy three more hours?
- ☐ End with clarity, whichever way it goes.

That is the whole game. Show up present, stay curious, and let time do the deciding.



WHEN YOU ARE READY FOR MORE THAN CHANCE

The last first date starts here.

The Rule of 3 makes any first date better. A Broom List introduction makes the right first date possible. Every person we introduce has been personally interviewed, vetted, and chosen with you in mind. You simply arrive.

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