Marco Reyes
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What she notices in the *first 5 minutes*

First impressions are formed fast. These are the small things that shape hers.

She'll form a strong first impression of you in minutes, and spend the rest of the night checking whether it was right. None of this is about looks or money. It's about how settled, present and decent you are, and every item here is something you control tonight.

01 How you treat staff

WHAT'S GOING ON The waiter, the bouncer, the barista. It's a preview of how you'll treat her once the novelty wears off.

> DO THIS Eye contact, please and thank you, patience when they're slow.

02 Your phone

WHAT'S GOING ON A phone on the table tells her she's competing for attention.

> DO THIS Keep it in your pocket. If you must check it, say why.

03 How you sit

WHAT'S GOING ON Slumped or shrinking reads as nervous. Taking reasonable space reads as comfortable.

> DO THIS Sit back, shoulders open, feet planted. Relaxed, not sprawled.

04 How fast you talk

WHAT'S GOING ON Rushed speech sounds anxious. A slower pace sounds settled and makes her listen.

> DO THIS Breathe, slow down, allow a pause after you finish a sentence.

05 Whether you decide

WHAT'S GOING ON Asking "what are you getting?" before choosing reads as waiting for approval.

> DO THIS Pick from the menu yourself. Offer a suggestion if she's unsure.

"The tacos here are great. I'm getting those."

06 How you handle a mistake

WHAT'S GOING ON Spilled drink, wrong word. Can you laugh at yourself?

> DO THIS Own it with a smile and move on. It's charming, not fatal.

"And that's why they don't let me hold things."

MISTAKES THAT COST YOU

- Arriving late or flustered. Get there five minutes early.
- Talking about yourself the whole time, or interviewing her like a job.
- Complaining: about work, your ex, the venue.
- Trying too hard. Present and relaxed beats impressive.

THE ONE RULE

Be calm, be present, be decent to everyone in the room. That's most of the first five minutes.

New guide with every reel on @marco.dates. These are common patterns, not mind-reading: every woman is different, the only way to know is to pay attention and ask, and a clear no is always a no.