

The Selfie Checklist

Print this. Run it top to bottom the next time you shoot your dating photos.

BEFORE YOU SHOOT

- ☐ Pick the room with the biggest window; shoot on an overcast day or near golden hour.
- ☐ Clear the background: no laundry, no dishes, no open cupboards, no unmade bed.
- ☐ Turn every overhead light off. Ceiling light casts shadows under eyes, nose and chin.
- ☐ Outfit in a deep, saturated colour (navy, burgundy, olive, charcoal). No tiny patterns.
- ☐ Check the fit: baggy reads sloppy, tight reads uncomfortable. Iron out the wrinkles.
- ☐ Wipe the lens. A thumbprint costs you more sharpness than any camera upgrade.

SET THE CAMERA

- ☐ Prop the phone on books or a shelf 4-6 inches ABOVE your eye level.
- ☐ Stand 4-8 feet away, not at arm's length — distance is what stops the face distortion.
- ☐ Face the window, phone between you and the window.
- ☐ HDR on, highest resolution, portrait mode if you want the background softened.
- ☐ 10-second timer plus burst mode, or a bluetooth remote if you have one.
- ☐ Mark your spot on the floor so every take lands in focus.

WHILE YOU SHOOT

- ☐ Turn your face about 30° off-camera; do not square up to the lens.
- ☐ Chin slightly forward and down. It defines the jawline and kills the double chin.
- ☐ Squinch: narrow the lower eyelids a little. Wide-open eyes read as startled.
- ☐ Force a short laugh right before the shutter — it decays into a real smile.
- ☐ Look at the lens, not at your own face on the screen.
- ☐ Shoot 50+ frames. Vary expression, angle and side between takes.

AFTER THE SHOOT

- ☐ Cut down to your best 10-15, then to a set of 4-6 that are genuinely different.
- ☐ Edit exposure, contrast, crop and colour only. No reshaping, no heavy smoothing.
- ☐ The test: would someone meeting you in person feel misled? Then you went too far.
- ☐ Drop anything over two years old, any group shot where you are hard to find.
- ☐ Get the set rated by strangers — you are the worst possible judge of your own face.

5 Bonus Poses

Five setups that give you variety without looking like five copies of one photo.

1

The lean

Shoulder against a wall or door frame, body angled 30-45°, weight on the back foot. Reads relaxed instead of posed, and the angle narrows the torso.

2

The walk-through

Burst mode while you take two slow steps past the camera. One frame in ten catches natural motion in the arms and a face that is not bracing for a photo.

3

Hands busy

Hold something real — mug, book, guitar, the dog. It solves the "what do I do with my hands" problem and adds a hint of who you are.

4

The edge-of-seat

Sit on the front third of the chair, legs angled to one side, lean slightly forward. Sinking back into a couch collapses your posture in every frame.

5

The over-shoulder

Body turned away, head back toward the lens, chin down a touch. Gives you a jawline and an expression that looks caught rather than staged.

Now find out which one actually works

You cannot judge your own face — you have only ever seen it mirrored. Upload the set to WouldSwipe and real people rate every photo on attractiveness, trust and fun, so you lead with the shot that wins instead of the one you happen to like.

wouldswipe.com/dating-photo-rating