Free Quiz

Affiliate swipe pack

Your commission details for this offer are at https://aff.meetysweet.com/quiz/

Replace [YOUR HOPLINK] with your own hoplink from https://aff.meetysweet.com/quiz/links/

Replace [First name] with your autoresponder's first-name tag. Send only to people who asked to hear from you, and keep the affiliate-link note on every social post.

Contents: Emails, Social posts and hooks.

Emails

New swipe emails (rewritten November 2026)

Each email has three subject lines to test, a preview line and the body. Your hoplink is filled in for you once you have saved it on the Promotion Links page. Swap **[First name]** for your autoresponder's first-name tag, and fill in any line in [square brackets] in your own words before you send.

1. Cold list intro: Pattern break: a quiz instead of another article (women)

Subject: One question I would like you to answer

Subject: A 60-second check on your love life

Subject: Something different from me today

Preview line: It is a short quiz, it is free, and the results come to your inbox.

Hi [First name],

I usually send you something to read. Today I would like you to answer something instead.

The team at Meet Your Sweet put together a short quiz for women called 'Are You Repelling Men?' I know, the title is blunt. The quiz itself is gentler than that. It takes about 60 seconds, and it looks at the small things we do around men without noticing: the way we start a conversation, what we give away too early, the signals we think we are sending.

At the end you get a free personalised assessment of what may be holding you back from the love and connection you want, and what to do about it. They also send you a free video that goes with it.

Here is the quiz:

[YOUR HOPLINK]

You do not need to be single to take it. It was written for women who are dating, women who have just met someone and women who have been married for years.

[Add one honest sentence about what you noticed when you took the quiz yourself.]

Talk soon,

[Your Name]

(This is my affiliate link. The quiz is free, and I may earn a commission if you later buy something from Meet Your Sweet.)

P.S. It really is about a minute. If you have time to read this email, you have time to take it: [YOUR HOPLINK]

2. Warm recommendation: Women: the habit you cannot see from the inside

Subject: The friend zone has a pattern

Subject: Why do the wrong men keep showing up?

Subject: A small thing I want you to try

Preview line: A quick quiz that points at the habits we cannot see in ourselves.

Hi [First name],

A friend of mine once said she had a gift for meeting lovely men who wanted to be her friend. She laughed when she said it, but she was not joking.

When something keeps happening to us, there is usually a habit behind it that we cannot see from the inside. Our friends can see it. They just do not like to say it.

That is why I like the free quiz Meet Your Sweet made for women. It is called 'Are You Repelling Men?' and it takes about 60 seconds. You answer a few questions, and you get back a personalised assessment of what may be getting in the way, plus a free video on what to do about it.

Take it here:

[YOUR HOPLINK]

Nothing about it will tell you to be someone you are not. It simply holds up a mirror for a minute, which is more than most of us get.

[Add one honest sentence about a pattern you once had to spot in your own love life.]

Warmly,

[Your Name]

(This is my affiliate link. The quiz is free, and I may earn a commission if you later buy something from Meet Your Sweet.)

P.S. Your results arrive by email, so use an address you actually check.

3. Cold list intro (men): Men: the thing she noticed and never mentioned

Subject: She will not tell you this part

Subject: A 60-second check for men

Subject: Quick question, man to man

Preview line: A free quiz on the habits that quietly put women off.

Hi [First name],

Here is something most men find out too late. When a woman is put off by something you do, she almost never tells you. She just answers a bit slower, says she is busy on Saturday, and the whole thing fades out.

You are left guessing, and guessing is a bad way to improve.

Meet Your Sweet built a short quiz for exactly that gap. It is called 'Are You Doing Something That Might Be Turning Women Off?' and it takes about 60 seconds. It works whether you are single, dating someone new, or married for twenty years.

When you finish, you get a free personalised assessment of what may be holding you back with the woman you want, and a free video that goes with it.

Here it is:

[YOUR HOPLINK]

It costs nothing and nobody else sees your answers. The only thing you risk is learning one thing about yourself you did not know this morning.

All the best,

[Your Name]

(This is my affiliate link. The quiz is free, and I may earn a commission if you later buy something from Meet Your Sweet.)

P.S. If you are married, take it anyway. The quiz was written with husbands in mind too: [YOUR HOPLINK]

4. P.S. short: Sixty seconds, nothing to buy (women)

Subject: Got a minute?

Subject: Free quiz, results by email

Subject: Try this before dinner

Preview line: A 60-second quiz on what may be holding your love life back.

Hi [First name],

Just a short one today.

If you have ever wondered why things with men start well and then stall, this free 60-second quiz might give you a clue. You get a personalised assessment and a free video afterwards.

[YOUR HOPLINK]

[Your Name]

(This is my affiliate link. The quiz is free, and I may earn a commission if you later buy something from Meet Your Sweet.)

P.S. Forward it to the friend who always asks you for dating advice.

5. 5-day launch: day 1 (women): The questions you would ask a friend

Subject: What would you ask your best friend?

Subject: See your love life the way a friend does

Subject: A question for you this week

Preview line: You are brilliant at this for other people.

Hi [First name],

When a friend tells you her love life has stalled, you know exactly what to ask her. Who is she meeting, what happens on the second date, what does she do when a man goes quiet? You can usually see the answer before she has finished her coffee.

Ask yourself the same questions and it gets much harder. Most of us end up saying "I don't know, it just never works out," and leaving it there.

This week I want to help you change that, and it starts with something that takes a minute.

The team at Meet Your Sweet made a short quiz for women. It takes about 60 seconds, and when you finish you get a free personalised assessment of what may be holding you back from the love you want, along with what to do about it. A free video presentation comes with it too.

Here it is:

[YOUR HOPLINK]

Take it tonight if you can. In my last email this week I will tell you the one thing I would do with your results, and it is probably the opposite of what most people do when they read something about themselves.

Talk soon,

[Your Name]

(This is my affiliate link. The quiz is free, and I may earn a commission if you later buy something from Meet Your Sweet.)

P.S. Your results arrive by email, so use the address you actually check.

6. 5-day launch: day 2 (women): Single, dating or married

Subject: It is not only for single women

Subject: One quiz for every stage of love

Subject: Did you think this wasn't for you?

Preview line: The man across the room, the man you're seeing, or your husband.

Hi [First name],

Yesterday I sent you a 60-second quiz, and I have a feeling a few of you skipped it because you are not single.

That is understandable, because a quiz with a title like "Are You Repelling Men?" sounds like it was written for someone sitting at home on a Saturday night. It was written for far more women than that.

The Meet Your Sweet page says it plainly. The free video that comes with your results is about attracting the love and desire of the man you want, whether that is a man you have only just seen, the man you are dating or your husband of 20 years.

So if you have been with someone a long time and the warmth has gone a bit flat, this is for you. If you have been seeing someone for a month and you can't tell where it is going, it is for you too. And if you are single and tired of the same disappointing start, you already know it is for you.

It takes a minute:

[YOUR HOPLINK]

At the end you get your personalised assessment and the video, both free.

Talk tomorrow,

[Your Name]

(This is my affiliate link. The quiz is free, and I may earn a commission if you later buy something from Meet Your Sweet.)

P.S. If you have been married a long time, take it anyway. Long marriages are exactly where we stop asking ourselves these questions: [YOUR HOPLINK]

7. 5-day launch: day 3 (women): Myth: chemistry is either there or it isn't

Subject: The chemistry myth

Subject: Attraction is not left to luck

Subject: Something a lot of us were told

Preview line: You have more say in it than you have been told.

Hi [First name],

A lot of us grew up believing attraction is luck. Either a man feels it the moment he meets you or he never will, and nothing you do makes any difference.

It is a comforting belief, because it means nothing is your fault. It is also a hopeless one, because it means nothing is in your hands either.

The people at Meet Your Sweet clearly don't believe it. Their whole quiz is built on the idea that there are specific things that hold a woman back from the love and desire of the man she wants, and that once you know what yours are, you can do something about them. That is why the free assessment you get at the end tells you what may be in your way and then what to do about it.

Chemistry still matters. But the spark a man feels on the first night and the attraction that grows over the following weeks depend on a lot more than luck, and much of it comes down to small things you can change.

If you haven't taken the quiz yet, here it is. It takes about 60 seconds:

[YOUR HOPLINK]

[Your Name]

(This is my affiliate link. The quiz is free, and I may earn a commission if you later buy something from Meet Your Sweet.)

P.S. Your free video comes straight after your results, so leave yourself a few quiet minutes to watch it.

8. 5-day launch: day 4 (women): What happens after you click

Subject: What happens after the last question

Subject: A free quiz, and what you get from it

Subject: So what is the catch?

Preview line: No card, no cost. Here is exactly what you get.

Hi [First name],

If you are wondering what the catch is with a free quiz, that is a sensible thing to wonder, so here is exactly what happens when you click.

You answer a short set of questions about you and your love life. It takes about a minute. When you finish, you get a free personalised assessment of what may be holding you back from the love and desire of the man you want, and what to do about it. Then you get a free video presentation that goes with it. Your results come to you by email, and after that Meet Your Sweet sends you regular emails with more of their advice.

You pay nothing to take it, and there is no card to enter.

Meet Your Sweet does sell guides for women, and you may hear about them later. I think that is a fair trade for a free assessment, and you can make up your own mind about anything they offer once you have seen what they know.

If you have been putting it off, this is a good evening to do it:

[YOUR HOPLINK]

Tomorrow I will tell you what I think you should do with your results.

[Your Name]

(This is my affiliate link. The quiz is free, and I may earn a commission if you later buy something from Meet Your Sweet.)

P.S. If something in your assessment stings a little, that is usually the part worth reading twice.

9. 5-day launch: day 5 (women): What to do with your results

Subject: The one thing to do with your results

Subject: Turn a 60-second quiz into a real change

Subject: As promised earlier this week

Preview line: Most people read their results and close the tab.

Hi [First name],

Earlier this week I said I would tell you the one thing I would do with your quiz results. Here it is: pick one thing and try it this week.

Most of us read something about ourselves, nod, feel a little exposed, and close the tab. Nothing changes because nothing was tried. Your free assessment tells you what may be holding you back and what to do about it, so you already have a suggestion that fits you. Choose the one that feels easiest, and do it the next time you are with a man, whether that is a first coffee with someone new or dinner with your husband.

Then watch what happens. You will learn more from one evening of doing something differently than from a month of reading about it.

If you haven't taken the quiz yet, it is still here, and it still takes about a minute:

[YOUR HOPLINK]

Watch the free video that comes after your results too. It is the part that shows you what to do next.

That is the last I will say about the quiz this week. Thank you for reading along.

[Your Name]

(This is my affiliate link. The quiz is free, and I may earn a commission if you later buy something from Meet Your Sweet.)

P.S. Write your one thing on a sticky note and put it somewhere you will see it before your next date or your next evening in together.

10. Re-engagement 1 (men): Re-engagement: a minute, man to man

Subject: Still on my list?

Subject: One minute that could change your next date

Subject: Quick check-in

Preview line: A free 60-second quiz, if you have a minute.

Hi [First name],

I haven't heard from you in a while, so I will keep this short and give you something useful for your trouble.

There is a free quiz for men called "Are You Doing Something That Might Be Turning Women Off?" It takes about 60 seconds, and it was made by Meet Your Sweet, the people behind Slade Shaw's guide for men.

When you finish, you get a free personalised assessment of what may be holding you back with the woman you want. That could be a woman you have noticed across the room, your girlfriend or your wife of 20 years. Then there is a free video presentation that goes with it.

Most men never find out what a woman did not like. She does not explain it, and you are left to guess, usually wrongly. A minute of honest answers tells you more than a year of guessing.

Here it is:

[YOUR HOPLINK]

If you would rather not hear from me about dating and relationships, no hard feelings. But if you are still here, take the quiz. It costs nothing.

All the best,

[Your Name]

(This is my affiliate link. The quiz is free, and I may earn a commission if you later buy something from Meet Your Sweet.)

P.S. Your results come by email, so use the address you actually read.

11. Re-engagement 2 (men): Re-engagement: the honest answer nobody gives you

Subject: She was never going to say it

Subject: Find out what women notice first

Subject: Last note on this

Preview line: Nobody else is going to tell you. This might.

Hi [First name],

Last time I wrote about a free quiz for men. If you missed it, this is my last note about it.

The reason I keep bringing it up is simple. When a woman loses interest, the reason almost never reaches you. Her friends might hear it, but you won't. So the same thing can follow you from one date to the next for years, and nobody ever tells you what it is.

The quiz was made for that gap. It is called "Are You Doing Something That Might Be Turning Women Off?" and it takes about 60 seconds. At the end you get a free personalised assessment of what may be holding you back with the woman you want, and a free video presentation to watch afterwards.

It works whether you are single, seeing someone new or married, and nobody sees your answers but you.

[YOUR HOPLINK]

If it tells you nothing new, you have lost a minute. If it tells you one thing you did not know, it could change how your next date goes, or how your next evening at home goes.

[Your Name]

(This is my affiliate link. The quiz is free, and I may earn a commission if you later buy something from Meet Your Sweet.)

P.S. Answer how you really behave, not how you would like to. That is where the useful part of the assessment comes from.

12. Objection: will it work for me (men): Married or long-term: not just for single men

Subject: Married for years? Read this one

Subject: Be the man she lights up for again

Subject: A note for the husbands

Preview line: The quiz was written with husbands in mind too.

Hi [First name],

Most dating advice for men assumes you are single and trying to get a first date. If you have been married for ten or twenty years, you skip it, because it is not written for you.

This quiz is different, and you can see it on the page itself. Meet Your Sweet wrote it for single, dating and married men. The free personalised assessment covers what may be holding you back with the woman you want, and the page names your wife of 20 years in the same breath as the woman across the room.

That matters, because a long marriage has its own habits. You stop flirting. You stop planning things. You talk about bills, the kids and the car, and one day you realise the two of you talk like flatmates.

That happens to a lot of couples, and it can be turned around.

The quiz takes about 60 seconds. When you finish, you get your assessment and a free video presentation that goes with it. It costs nothing.

[YOUR HOPLINK]

Take it on your own, answer honestly, and see what it says about the man she comes home to.

[Your Name]

(This is my affiliate link. The quiz is free, and I may earn a commission if you later buy something from Meet Your Sweet.)

P.S. If you are seeing someone new rather than married, the same quiz works for you. It covers every stage: [YOUR HOPLINK]

Social posts and hooks

Facebook

Ladies, quick one. If the same thing keeps happening with men (great first date, then nothing, or you end up as his mate), there is usually a habit behind it that is hard to see from the inside.

Meet Your Sweet has a free 60-second quiz called 'Are You Repelling Men?' You get a personalised assessment and a free video at the end. [Say in one line what yours told you, if you took it.]

Take it here (affiliate link): [YOUR HOPLINK]

What did yours say? Tell me in the comments.

Instagram

#ad One minute, a few questions, and an honest look at what might be getting in the way of the love life you want.

It is free, it works whether you are single, dating or married, and your results come by email with a short video.

Link in bio (affiliate link).

#datingadvice #relationshipadvice #datingtips #lovelife #selfawareness #singlelife #marriedlife

X / Threads

Men: women rarely tell you what put them off. They just go quiet. This free 60-second quiz is a decent way to find out what she never said. Results by email. #ad [YOUR HOPLINK]

TikTok / Reels / Shorts

#ad

[Hook, to camera] There is one thing you do on dates that you have never noticed. Everybody has one.

[Beat 2] Your friends see it. They are too kind to say it.

[Beat 3] So here is a free quiz that takes sixty seconds. You answer a few questions and it sends you a personalised assessment, plus a short video.

[Beat 4] There is one for women and one for men. It works if you are married too.

[Close] Link in my bio. It is an affiliate link, and the quiz is free.

#datingtips #relationshipadvice #datingadvice #lovelife #selfimprovement