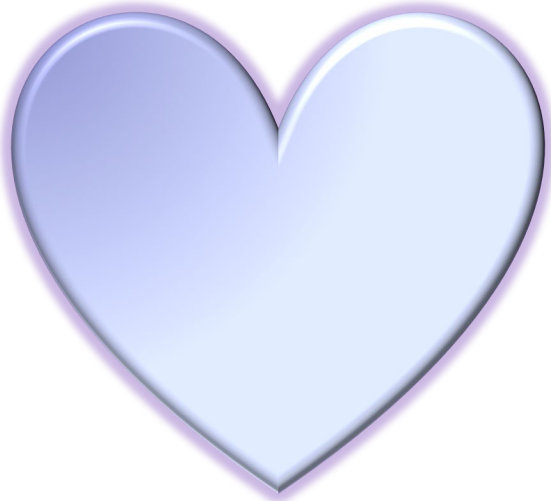


# PLANNING EROTIC LIBERATION

[Name:

[Date:

[This is my plan for: week / month / year (circle one)

|                                 |   |  |                              |
|---------------------------------|---|--|------------------------------|
| <b>Permission</b>               | <b>Radical Self-acceptance and Self-care</b>  | <b>Giving &amp; Receiving Pleasure</b> | <b>Breath / Feel my body</b> |
| <b>Physical Wellness</b>        |  |  | <b>Communication</b>         |
| <b>Boundaries</b>               |   |  | <b>Daily Erotic Practice</b> |
| <b>Intimacy / Mindful Touch</b> | <b>Curiosity</b>  | <b>Self-Expression</b>                 | <b>Desire</b>                |

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This tool helps you plan for the erotic life that you desire. Set aside some time to consider what it is that you truly want. Do this as part of a weekly, monthly or annual erotic planning process. Whatever we focus our attention on we get more of.

Write your plans for these various aspects of your sexuality. If there's a theme that you are working with, write it in the heart in the center. Put your finished plan someplace you see it often, to help keep you focused on your erotic goals.

