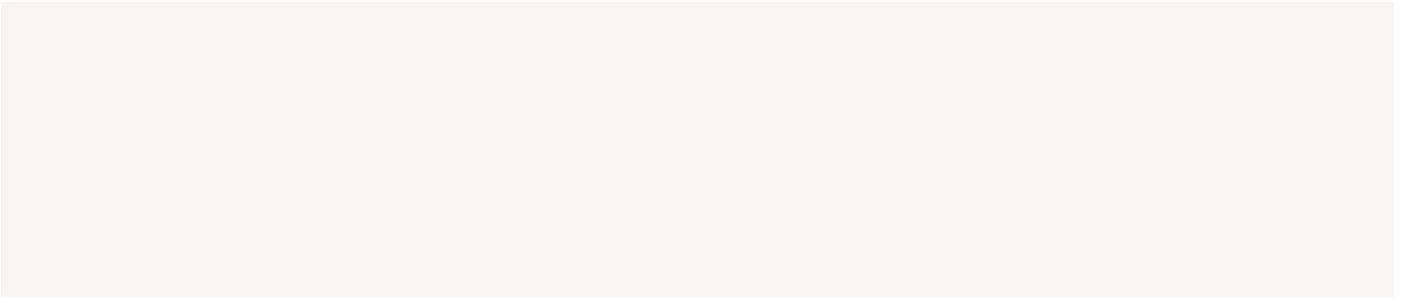
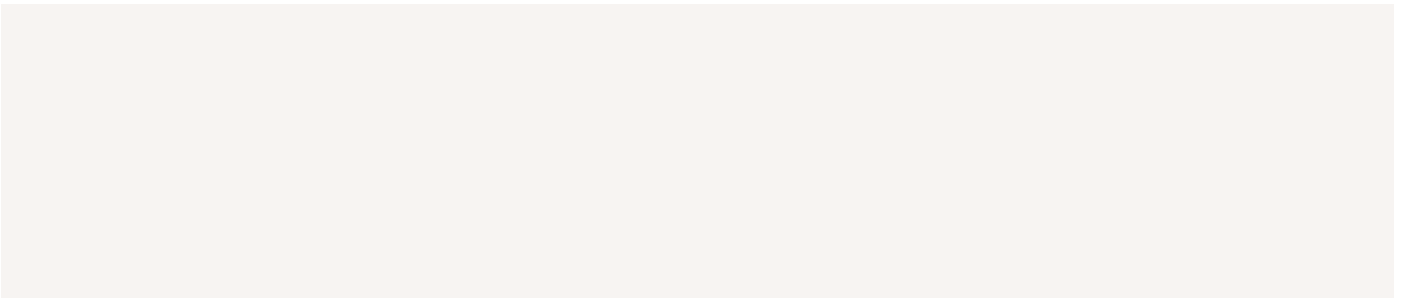


SPARK - KEEP AT IT

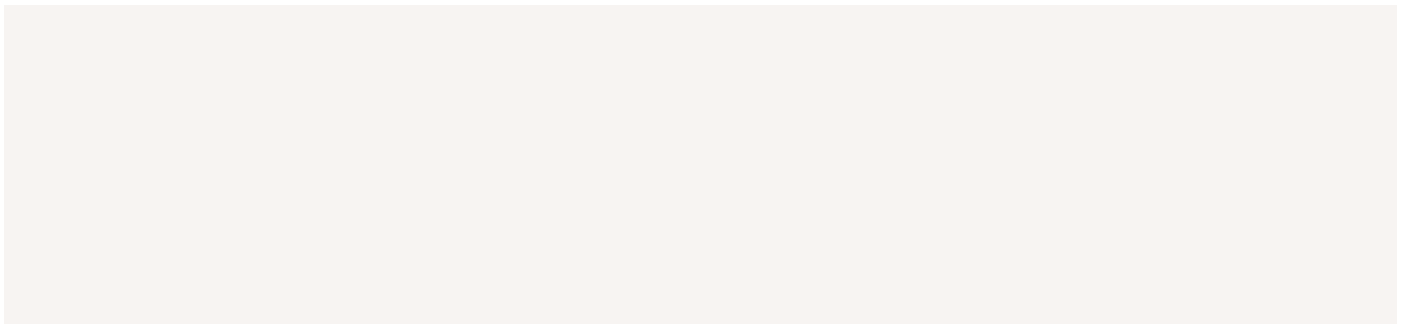
What practices/triggers/reminders am I going to put into place to practice my awareness?



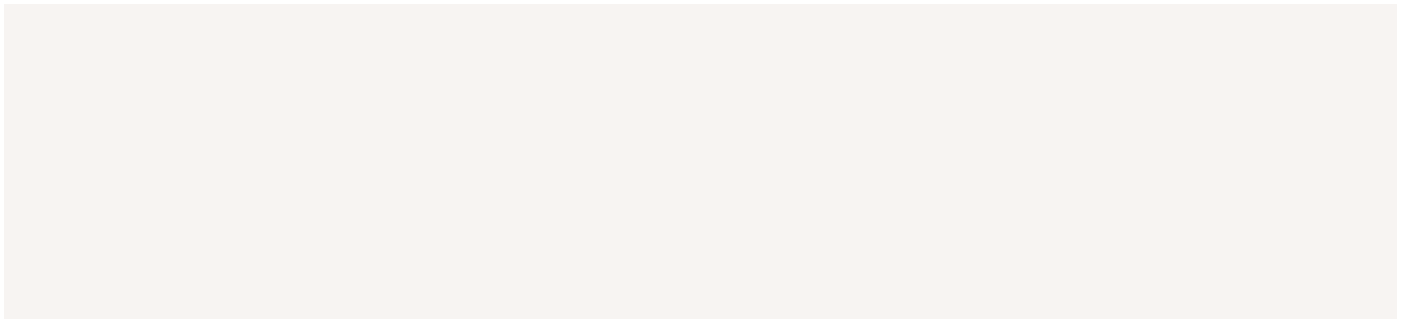
What practices/triggers/reminders am I going to put into place that remind me of my priorities, my WHY, and my intentions?



What practices/triggers/reminders am I going to put into place that remind me to use my body tools?



What practices/triggers/reminders am I going to put into place that remind me to use my imagination?



Our Sexual Protocol

Your sexual protocol needs to be an agreement between the two of you. You get to decide what it looks like for you. Your protocol is evolving and will need change over time.

Set Schedule

Choose days of the week, times, location, who initiates, and any other expectations.

Fluid Schedule

Set a schedule of when you will have sex by if it doesn't happen spontaneously. Can include who initiates/plans.

Sunday:

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday: