

# PLEASURE MECHANICS

## EROTIC INTENTIONS WORKSHEET

Listen to the full podcast episode at [PleasureMechanics.com/intentions](https://PleasureMechanics.com/intentions)

### Use This Guide To Create A Specific, Actionable Erotic Intention

1. Ask yourself what you most want to **experience** and **feel** in your erotic life?

These questions may help you set specific intentions:

- What matters most to you in your sex life?
- How would you like to feel as a sexual being?
- What do you need to let go of?
- How do you feel when you are most erotically fulfilled?
- What are you grateful for?
- What would you ask for if you knew the answer was an enthusiastic yes?

2. Write down your intention as a specific & positive statement. For example:

- I intend to be playful and have more fun
- I intend to be receptive
- I intend to be generous
- I intend to feel happier in my body, as it is right now
- I intend to explore with more curiosity
- I intend to be more honest with myself and my partner

3. Write down 3 ways you can embody your intention, in both your day to day life and in your sex life. For example: I intend to be generous, so...

- I can offer to help when I see someone struggling
- I can text one person a day just to say hello
- I can make more donations of money or time to my community
- I can take more time during solo sex
- I can give my lover a few minutes of massage each night
- I can dedicate an entire session to pleasuring my lover

4. Write out your intention and post it in a place that is visible to you - in your planner, your bathroom mirror, or bedside table.

**My erotic intention is:**

**I will embody this intention with these actions:**

# PLEASURE MECHANICS

## EROTIC INTENTIONS TRACKER

Some people like tracking goals and celebrating winning streaks!

# 2021

MY INTENTION: \_\_\_\_\_

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