

Pleasure Planner

Make this your sexiest year yet!

I'm excited to share the Sex With Emily Pleasure Planner. It's a guide to help you reflect and create a plan that gets you playing & pleasuring.

Prioritizing your pleasure is a big part of living a full, healthy life, and will ultimately bring you deeper connections, enhanced intimacy, and greater satisfaction.

Just like a good sex toy, this planner can be used in different ways. You can print it and fill it out by hand, or scroll through digitally and use it as a conversational guide.

I recommend you find time without distractions so you can really open up and own your pleasure. Let go of expectations and see what comes up. There are no real rules.

Do it solo to develop a deeper connection with yourself, clarify your desires, and create a pleasure-filled action plan.

Or, try it with your partner-in-pleasure to learn about each others needs and desires.

I'm always here if you need me. You can ask me anything. I love hearing from you, so send me your thoughts at feedback@sexwithemily.com.
I'm always here for you. Let's get it on!

xx
Emily



“Meditate, masturbate, manifest.”
- Emily Morse



Looking Back



Reflecting on Your Pleasure

Let's talk about the past year. Before you begin, take a moment to jog your memory — go through your calendar, scroll through the photos on your phone and get in touch with those moments when you felt pleasure.

Pleasure reflections

Look back on this past year and finish these prompts. Write 2-5 sentences for each point.

This year, the best sex I had was...

My favorite date (either with myself or my partner)...

I felt most desirable...

I learned...

I felt most connected with myself...

My orgasms....

I felt the most pleasure...

I fantasized about...



Try something new

Circle things that pique your interest and you are open to exploring, or that you would like to do more of.

- | | |
|---------------|---------------------|
| Edging | Dirty Talk |
| Oral | Making Out |
| Anal Play | Sex Toys |
| Flavored Lube | BDSM |
| Blindfolds | Costumes |
| Sex Outdoors | Mutual Masturbation |
| Sexting | Spanking |
| Flirting | Watching Porn |
| Role Play | Bondage |
| Threesome | Slow Sex |
| Homemade Porn | Temperature Play |

**Explore SexWithEmily.com for more ideas, how-to's, and downloadable guides.*



Look Ahead



Prioritizing & Planning Your Pleasure

Ready to look ahead? Let's talk about your year of pleasure. Think about the kind of sex life you want to have. How does it feel? Hold onto that as we map out your year of pleasure.

Pleasureful predictions

Visualize the year ahead and finish these prompts. Write 2-5 sentences for each point.

This year, I will try...

I will do more of...

I will connect to myself by...

I will give...

I will learn...

I will let go of...



Plan for Pleasure

Now let's set your intentions, goals, and plans for the year ahead.
Take a moment to breathe, meditate, and focus. Light a candle. It's go time.
Let's plan your year of pleasure!

An intention is your intent or purpose for the year ahead and a goal is a specific action item you'd like to complete by the end your 12 months. The plans are events, activities, or ideas you'll make to live out your intention and complete your goals.
Give yourself permission to own your pleasure.

Your pleasure intentions:

List three words that capture your intentions for the next 12 months.
Ex. Communication, delight, and commitment; Vulnerability, confidence, and empathy.

Your pleasure goals:

Write down at least three goals that embody each intention.
Ex. To have a nipple-gasm, own 3 new sex toys, start a weekly date night, have solo sex at least once a week, treat myself once a month.

Give yourself permission to take that next step towards owning your pleasure, deciding what sex and sexuality mean to you.



Annual pleasure plan

Make a pleasure plan for each month of your year.

These plans can be dates with yourself or with a partner.

Ex. An at-home spa day, camping trip, cook an intricate meal, go on a long hike, try a new restaurant, a staycation at a nice hotel or Airbnb, go on a walking date for ice cream.

Month 1

Month 2

Month 3

Month 4

Month 5

Month 6

Month 7

Month 8

Month 9

Month 10

Month 11

Month 12

"This year I will allow more pleasure, freedom, and acceptance."

Signature

Date



Almost there

You've reflected, meditated, and planned for your best year of pleasure yet! Is there anything else you want to put out there?

Now what?

Follow through with your plans for your best year of pleasure yet!
Explore SexWithEmily.com for more ideas, how-to's,
and downloadable guides.



SWE is a podcast and media brand founded by Dr. Emily Morse, focusing on liberating sex and pleasure by creating a safe space to talk, explore and learn.

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