



Making goals as partners

Creating a fulfilling sexual relationship with a partner takes time, effort and communication. Many couples want to improve their sex lives but feel stuck about how to move forward. We have created this downloadable goals sheet to help you make meaningful and measurable progress.



• BOOKS

Books are a great way to learn about one another and about our bodies. Pick books to want to read together, or you can read separately and then share. Find some of my favorites [here](#). If reading full books isn't your thing, put sticky notes on chapters you're interested in and talk about those!

• TRY SOMETHING NEW

Novelty is a great way to spice things up. Plan to try a new room, a new toy, a new position, and a new role. This is a great way to discover more of what you like.

• LEARN ABOUT YOUR ANATOMY (AND YOUR PARTNER'S)

The clitoris is central to orgasm for vulva owners and the penis is often overlooked and underestimated on the different sensations it can experience. Learn about your own anatomy, learn about your partner's anatomy and MOST importantly learn how you and they experience pleasure WITH their anatomy.

• LOVE LANGUAGE QUIZ

Take the "Love Languages" quiz from Gary Chapman. Share the results with your partner and talk about the ways you share and receive love.

• PLAY THE 5 SENSES GAME

This may not seem related directly to sex, but I promise it is. When it comes to sex, much can be learned and enjoyed by focusing on the individual senses. To play the 5 senses game, you invite new experiences by closing off certain senses and opening up new ones. Try closing your eyes or use a blindfold and experience touch, or the smell of an essential oil, feed each other with your eyes open and increase contact, find music or sounds that create a different environment or mood. This game invites curiosity, play and new opportunities for connection!

• LEARN YOUR DESIRE STYLE

Desire style is important to understand for both yourself and your partner. You can learn all about this from "[Come As You Are](#)" by Emily Nagowski and then follow up with the quiz on her website.

• SCHEDULE SEX

Scheduling sex is one way to be intentional about the sex we are having. I wrote more about this on the blog if you need more direction. Set a sex date for each month so that you can be sure that you are connecting!



PARTNERS TRY A NEW



READ

A BOOK (OR 2!)

LEARN SOMETHING
NEW ABOUT YOUR PARTNER'S

Anatomy

☐ PARTNER 1

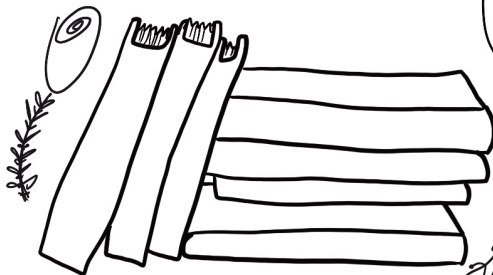
☐ PARTNER 2

☐ Room

☐ Position

☐ Role

☐ Toy



TAKE LOVE
LANGUAGES

QUIZ

Play the
5 SENSES
GAME



SCHEDULE INTIMACY

• JAN. •

• FEB. •

• MAR. •

• APRIL •

• MAY •

• JUN. •

• JUL. •

• AUG. •

• SEPT. •

• OCT. •

• NOV. •

• DEC. •
