

28 Day Sensual Wellness & Self Love Challenge



DAY 1

Journal: Do you deserve pleasure? Does your partner? What does that look like?

DAY 2

Journal: Have you ever experienced an orgasm? if not, research tips on how to orgasm.

DAY 3

Activity: Buy a new piece of lingerie that shows off your best assets.

DAY 4

Journal: What parts of your body make you feel most sexy?

DAY 5

Activity: Buy a new vibrator or charge up old faithful.

DAY 6

Journal: Write a Haiku about how gorgeous you are.

DAY 7

Activity: Oil your body & do nude yoga (alone or with a partner)

DAY 8

Journal: Name 2 women you admire. What traits do you admire & how can you incorporate them into your life.

DAY 9

Activity: Make or buy your favorite dessert.



DAY 10

Activity: Take a sexy photo of yourself. Admire it alone or send to a partner. Hit those angles!

DAY 11

Activity: Take a hot bubble bath with burning candles, light music & incense.

DAY 12

Journal for 15 minutes about anything.

DAY 13

Activity: Plan your dream Valentine's Day

DAY 14

Make it happen. Treat yourself to the best VDAY ever or express your vision to your your partner.

DAY 15

Journal: List your accomplishments.

DAY 16

Journal: List 6 goals that you have for yourself.

DAY 17

Activity: Dance to a song in the mirror that makes you feel sexy.

DAY 18

Activity: Buy yourself flowers.

DAY 19

Journal: Where will you travel when the Pandemic is over?

DAY 20

Dress up and be fabulous!

DAY 21

Take a break from social media

DAY 22

Journal: Imagine reading a book about your life right now. What would you tell the main character to do next?

DAY 23

Activity: Buy sexy smelling incense or candles.

DAY 24

Activity: Create Art. Any kind

DAY 25

Journal: Are you vocal about your boundaries?

DAY 26

Do Nothing. Treat yourself!

DAY 27

Journal : Create a morning and night routine.

DAY 28

Journal: Write a letter to yourself at 90 years old. Do you promise to make future you proud?