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Live **WE** Fully



GROUND ZERO
Sex & Consistency

LOVE ASSIGNMENT (L.A.)

SEX & CONSISTENCY

To get real and honest about where you are answer the following question independent of your partner.

Are you having enough sex with your partner?

Scale of 1-5:

1 you feel you are not having enough sex with your partner

5 you are in the sack every day



What is your current sexual desire level?

Scale of 1-5

1 being you have no desire to have sex

5 being you strongly desire your partner

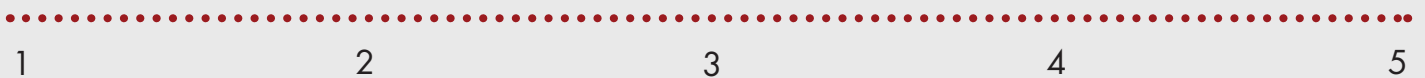


How important is sex to you?

Scale 1-5

1 being you do not feel sex is an important component for your relationship

5 being you feel sex is crucial to your partnership



SEX & CONSISTENCY

How often are you currently having sex?

How often would you like to have sex?

What excuses do you use to not have sex?

Example: I am too tired, too busy, no time, I feel fat/unattractive, kids will hear us, no privacy

What can YOU do to help add more sexual intimacy and consistency into your relationship?

SEX & CONSISTENCY

Is there anything you would like to try in (or out) the bedroom that you haven't currently been doing with your partner?

Anything goes. It's not a commitment by you or your partner. It's just a place to let your mind go and see what sounds hot and sexy to you.

What awarenesses or aha moments have you had come forward from going through answering these questions?

SEX & CONSISTENCY

CONVERSATION STARTER TIME

Now it's time to open up a little with your partner.

Here are the ground rules for this conversation.

1. Only share what you feel comfortable sharing
2. Pick a time and place that offers privacy. You never know what might come out of this conversation ;).
3. One person speaks for 5 minutes
4. If you're listening, be respectful and allow your partner to speak without interruption. Be supportive.
5. If you're speaking, you can share whatever has come up for you in this section. Try your best to make it about what YOU want and how YOU can show up. Things you have recognized about how you can be a better lover. Remember no blaming!

SEX & CONSISTENCY

TIPS:

Here are some ideas/ways to bring in more consistency and spiciness to your relationship...

- Consider morning sex before anyone in the house is up:). Keep breath mints by the bed to allow you to be in the moment.
- Schedule it. Life is busy. If one of your excuses has been that you don't have time, find a place in your calendar and make this a priority.
- Take a shower together... often.
- Do a date night and stay in a hotel. (You'll want to get your money's worth ;).
- Dress nicely and wear an appealing scent for your partner... often.
- Complement one another when they look good or when you notice your partner is being cute, funny, smart (whatever you like to see in your partner's personality).
- Be in the moment, be flexible and go with the flow, if the feeling comes up and it's possible, don't push it away...be spontaneous.

NOTES
