

# YOUR PASSION PLAN

## *instructions*

Commit to Becoming Passion and create you own Passion Plan.

Choose some daily, weekly, and monthly relationship commitments for the year ahead.

For example, you might commit daily to a passionate kiss goodbye each morning or a sexy shower together every night where you take time to tease each other in an erotic way.

Weekly commitments may include scheduling time to give your sweetie a massage, or making love every Wednesday and Sunday, no matter how busy the week is.

Monthly commitments might include setting aside a whole day for connection, fun, and romance. Plan to explore something you haven't done before. You might go to a salsa dancing club, take a free class, and then stay for the evening shimmy.

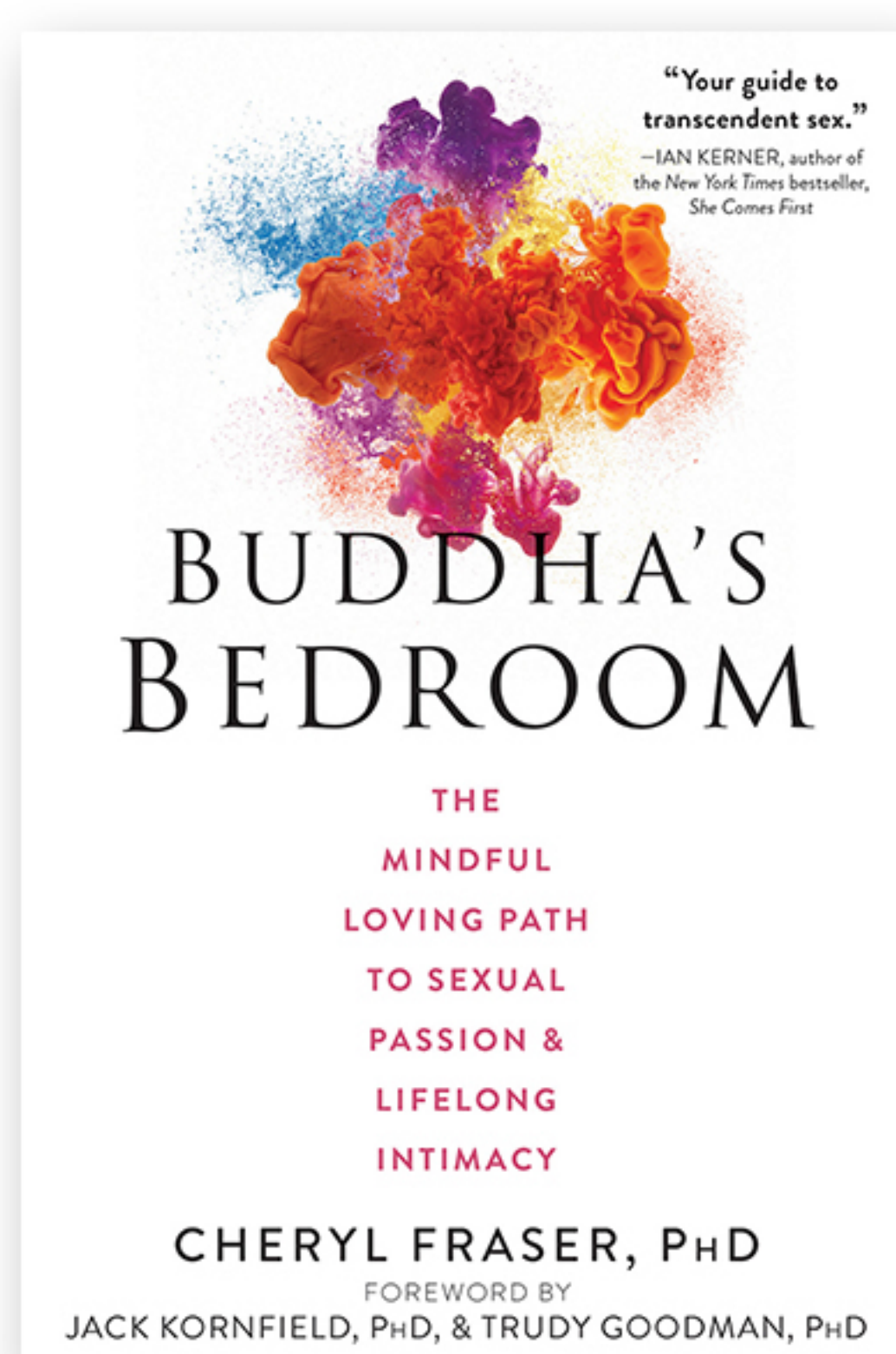
An annual commitment might be to plan an erotic weekend—perhaps taking a tantric sex course or having a naked weekend at a cabin.

Don't just think about this exercise casually. Take action.

Your passion plan needs to be written down. Once you have created it, take time to share your ideas with your partner. Then incorporate suggestions from each of your individual plans into a shared Passion Plan.

Then print a copy and post it in your bedroom.

It's time to take action and make your love life a hobby.



\*Excerpted from Dr. Cheryl's new book Buddha's Bedroom: The Mindful Loving Path to Sexual Passion and Lifelong Intimacy





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## *sample passion plan*

### Daily

Cuddle in the morning before we get out of bed. Make eye contact and say our daily vows.

We will share an erotic love note, text, or whisper.

Ask each other two interesting questions over dinner and allow ourselves to be surprised by each other.

### Weekly

Set one loving intention for the week to come—one new relationship skill to practice and explore.

Review a difficult conversation and discuss what we were each expecting and hanging on to, and how we created our own unhappiness.

We will spend an afternoon exploring and learning about tantric energy, conscious orgasm, or full-body orgasm.

### Monthly

We will cash in a sensual IOU and have a dark sensual energy date where we explore an erotic, sexy taboo. We will take turns planning this for each other.

### Annually

We will go on a romantic vacation somewhere fascinating and pretend it is our first vacation together.





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*fill in the blanks*

Daily

Weekly

Monthly

Annually

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