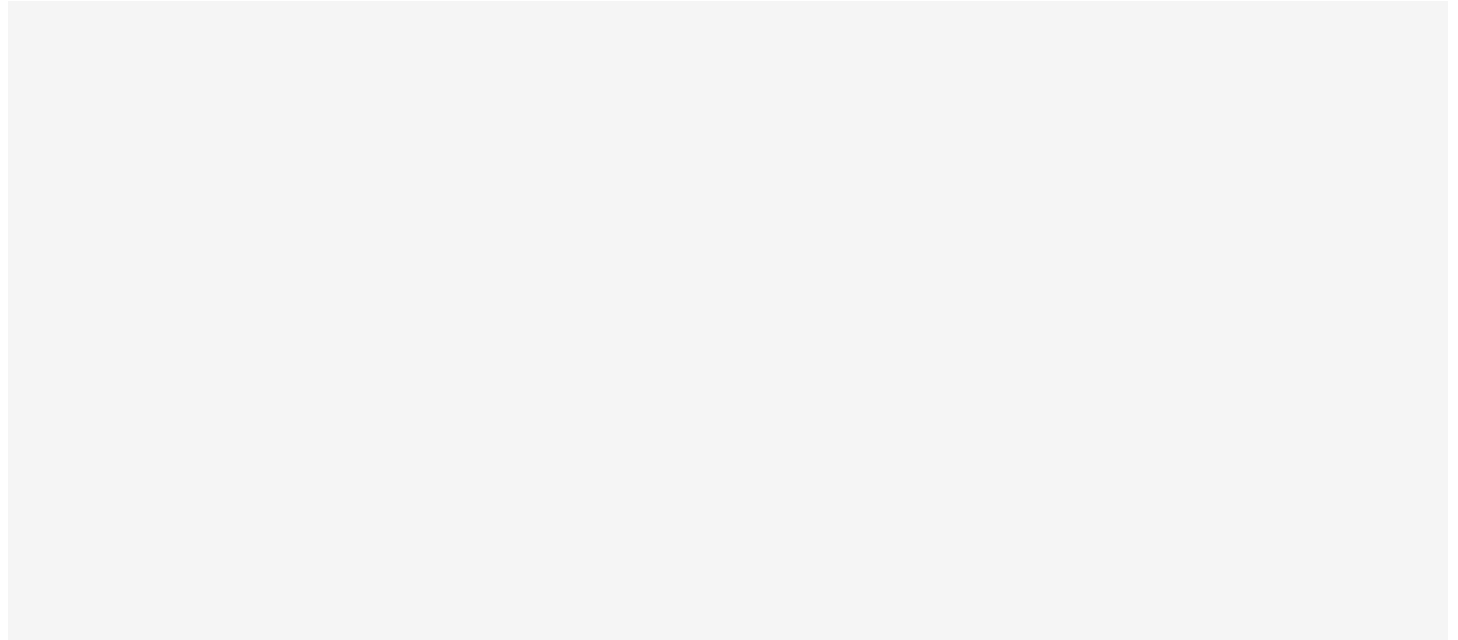


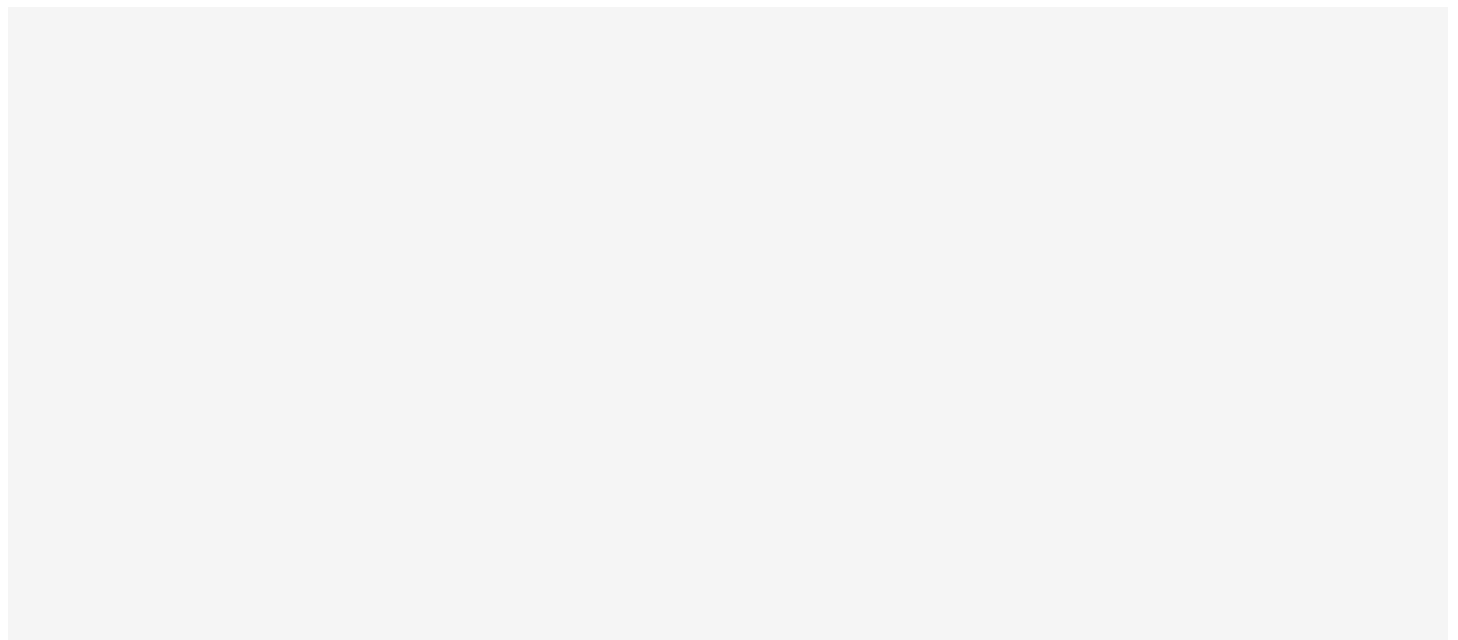
Day 1: Unleash Your BDSM Desires and Define Your Path

JUMPSTART YOUR BDSM JOURNEY BOOTCAMP

Why is discovering your desires on your BDSM journey important? Why is it personally important to you?



What are the top 3 mistakes people make when it comes to exploring their desires and embarking on their BDSM journey? What mistakes have you made?



What are the 5 main steps to unleashing your BDSM desires and defining your path?

#1 & Notes

#2 & Notes

#3 & Notes

#4 & Notes

#5 & Notes

Day 1: Unleash Your BDSM Desires and Define Your Path

JUMPSTART YOUR BDSM JOURNEY BOOTCAMP

Your Tasks:

- Reflect on your deepest desires and write down at least three.
- Identify and write down your boundaries and hard and soft limits
- Set at least 3 clear, actionable goals
- Practice communicating one desire and one boundary
- Create a simple roadmap for the next month

Your Action Step:

What is one short term or long term goal you have for your BDSM journey? Be sure to share it with us in the community when you're done (there will be a post for the Day 1 Action Step - comment under that!)

