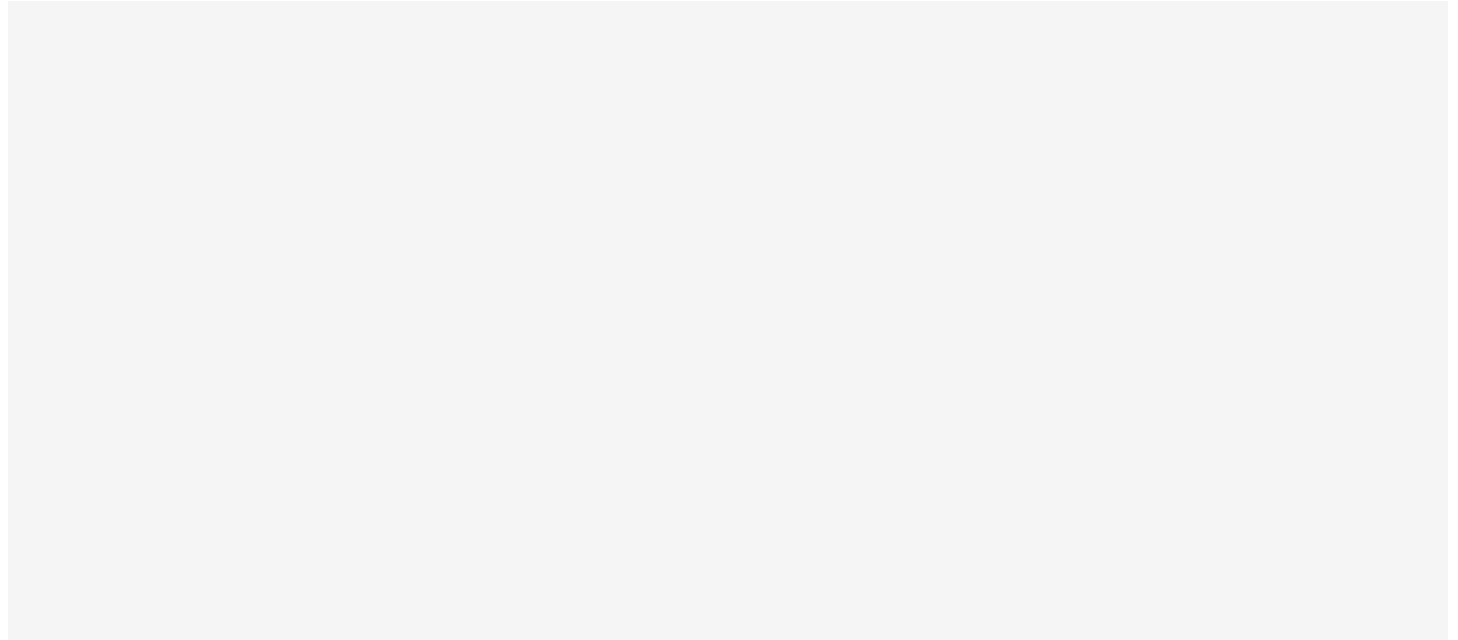


Day 3: Create a Consistent BDSM Practice

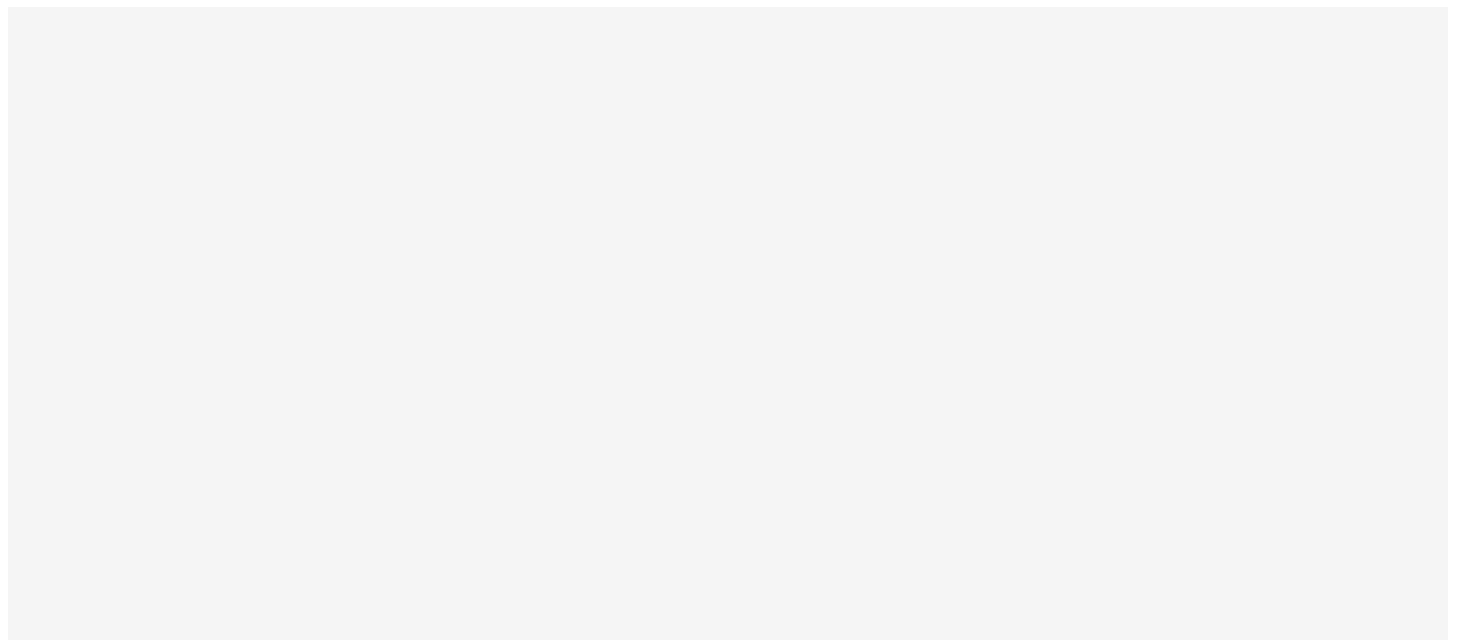
JUMPSTART YOUR BDSM JOURNEY BOOTCAMP

Why is creating a consistent practice routine important?

Why is it personally important to you?



What are the top 3 mistakes people make when it comes to integrating BDSM into their daily life? What mistakes have you made?



Day 3: Create a Consistent BDSM Practice

JUMPSTART YOUR BDSM JOURNEY BOOTCAMP

What are the 5 main keys to creating a consistent BDSM practice that integrates with your life?

#1 & Notes

#2 & Notes

#3 & Notes

#4 & Notes

#5 & Notes

Day 3: Create a Consistent BDSM Practice

JUMPSTART YOUR BDSM JOURNEY BOOTCAMP

Your Tasks:

- Identify specific days and times for BDSM activities and write them into your schedule.
- Prioritize your top BDSM activities and decide on their frequency.
- Allocate specific blocks of time for BDSM activities and balance them with your vanilla responsibilities.
- Create a balanced schedule that includes all aspects of your life.
- Regularly review and adjust your routine to ensure it continues to meet your needs.

Your Action Step:

What is one BDSM activity big or small you have scheduled in the next 7 days? Be sure to share it with us in the community when you're done (there will be a post for the Day 3 Action Step - comment under that!)

