

10 Fast Way to Reignite Passion



#1: Make Date Nights a Priority!

Think of relationships like gardens. They need fertilizer, the weeds pulled and lots of water (TLC!) If you don't, who will?

#2 Chose to invest time in your relationship! #3 Celebrate and focus on what you love about your partner for the next 21 days! #4 Add a daily gratitude practice. #5 Make weekly date night sacred. #6 Make sex a priority and schedule it! #7 Kiss more! #8 Make partner massage a norm! #9 Be true to your masculine and feminine. #10 Have more sex!

1

PICK PLEASURE

Focus on giving as much as you can that will pleasure them versus yourself.

2

MAKE IT SEXY

Add some flare! Be creative. Stretch a boundary. Surprise, shock & seduce!

3

BE ADVENTUROUS

Do the unexpected! Be silly, fun and let yourself go! Experiment & show a new side!



Be Present to the LOVE you have!

Focus on what you love about a partner & what they LOVE!



Seduce Your Lover All Ways!

Attract, court, seduce, flirt and entice your lover!



Use Food, Music & Senses!

Have fun with everyday pleasures, add a twist & enjoy!