

# STELLAR *Life*

Hosted By *Orion*

## Discover Your Desires Through Your Sexual Blueprint

10 Point Checklist

**Miss Jaiya**

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!



# 10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.  
Here are 10 steps that can move you closer to your goals – today.**

- Don't compare real, at-home sex with porn. The porn industry is creating false expectations about what sex is truly about.
- Understand that men are not so simple when it comes to sex. They don't just get turned on right away with the idea of intercourse. Men have different preferences too on how they want to be pleased in bed.
- Let your partner know how to please you. Be vocal about how you want to be treated during sex. They'll appreciate it.
- Communicate with compassion. If they're doing something that makes you uncomfortable, say something in a nice, constructive way.
- Compliment your partner if they're doing something that makes you feel good. You both develop a better dynamic when you are hyper-aware you genuinely turn each other on.
- Discover your partner's sexual blueprint. According to Jaiya, there's the Energetic, Sensual, Sexual, Kinky, and Shape-shifter. People can either have only one or a mixture of these blueprints.
- Try out the AB game to find your preferences. It's basically trying out new, different things and see if that is something you want to keep doing during sex.
- Great sexual intercourse can sometimes become a workout. Take care of your mind and body to maintain an active libido.
- Embrace your sexuality. If you practice safe and consensual sex, you can give yourself the freedom to explore and enjoy your desires.
- Check out Jaiya's [website](#).