

STELLAR *Life*

Hosted by *Orion*

Exploring Pleasure and Female Sensuality

10 Point Checklist

Kiana Reeves

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!

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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.**

- Engage in activities that allow you to explore different sensations and reconnect with your body. Activities like sensual movement practices, mindful touch, or simply appreciating your body's responses can help you reconnect with yourself.
- Discover the concept of sexual polarity and how it can enhance passion and chemistry in your long-term relationships. Experiment with creating space and differentiation in your relationships to reignite your passion and desire.
- Approach your relationship with curiosity and openness. Continuously explore and learn about yourself and your partner.
- Schedule specific times to share fantasies and desires with your partner. Create a safe space for these discussions that is separate from sexual moments.
- Nurture your own well-being and fulfillment outside of your relationship. Ensure that you're bringing your best self to your partnership.
- Infuse playfulness and creativity into your sexual experiences. Try new locations. Incorporate toys or props. Explore different roles or dynamics that align with your desires and boundaries.
- Address past wounds through therapy to foster trust and vulnerability within your relationship. Recognize that you and your partner are both capable of dynamic growth.
- Provide short, clear feedback to your partner during sexual encounters. Focus on what feels good or uncomfortable at the moment to enhance your pleasure.
- Consider incorporating products designed for female pleasure, such as FORIA's Awaken Arousal Oil and Intimacy Melts, to enhance arousal, relaxation, and overall sexual experience.
- Connect with Kiana Reeves by visiting kianareeves.com or follow her on Instagram [@kiana.reeves](https://www.instagram.com/kiana.reeves). Explore FORIA resources and wellness products at foriawellness.com or follow FORIA on Instagram [@foriawellness](https://www.instagram.com/foriawellness).