



Renée Mayne

PLAYSHEET

In bed with Rosie Rees

Each play sheet has been designed to give you direct actions and prompts that will begin the exploration into The Hedonistic Way. There is no test, right or wrong, simply honesty and honouring where you are and trusting what comes up.

Created by me! (Renée Mayne)

What would a sexually empowered woman do, how would she carry herself/act/behave/show up?

How would I like to feel as a sexually empowered woman?

What does my ideal sex life look like?

What does it look like now?

Side note: Look over the last two answers and ask yourself if there is an alignment, similarities and correlation between your life/ business/ job and your sex life?

Actions:

Look at yourself in the mirror.

Breast massage

Hot bath

Self pleasure

