

GODDESS UNLEASHED

REFLECTION QUESTIONS



What we write, we invite. When we give ourselves permission to journal freely without censoring or judging ourselves, we allow our deepest yearnings to be seen and heard.

What myths or messages have I inherited about my body or my sexuality that I no longer choose to carry?

What parts of my sensuality or sexuality have I shamed, hidden, or ignored?

How would my pleasure and desire expand if guilt and shame weren't in the room?

What would embracing *pleasure and sensuality* look like for me, not just sexually, but in everyday life?

What kind of touch, presence, or intimacy feels really good to me when it's on my terms?

How would I show up differently if I felt fully safe to be seen as hungry, turned on, wild, or deeply surrendered?

How do I want to feel before, during, and after sex—with myself or a partner?

What words, phrases, or experiences turn me on? What's a big turn-off? Have I expressed these things to my partner? Why or why not?

How can I incorporate more playfulness and experimentation into my intimate relationships?

What hidden parts of me are begging to be expressed —and what practices or rituals will help me stay connected to this wild, untamed goddess within?

What unmet desire, personal boundary, or new truth am I ready to explore with my partner(s) moving forward?

Need support or help with next steps as you unleash your inner goddess? Don't hesitate to reach out to Bonny at bgeorgiarenner@gmail.com or Alexa at alexasinsights@gmail.com