

The page is decorated with various botanical illustrations. In the top left, there is a single yellow flower. To its right, a green stem with two leaves and a purple flower. Further right, a green stem with two leaves. In the top right, a green stem with two leaves and two pink flowers. Below the title, there are several more illustrations: a green stem with two leaves and a yellow flower on the left; a green stem with two leaves and a blue flower in the center; a green stem with two leaves and a pink flower on the right; a green stem with two leaves and a blue flower in the bottom left; a green stem with two leaves and a yellow flower in the bottom right; and a green stem with two leaves and a blue flower in the bottom center.

A MOTHER'S 30-DAY GUIDE TO

R E C O N N E C T I N G  
W I T H P L E A S U R E A S  
A S E L F - L O V E  
P R A C T I C E

CREATED BY

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# WELCOME, SWEET SISTER!

If you have chosen to carve out a few moments for yourself to reflect on these prompts each day — that in itself is a radical act of feminist rebellion and self-care, and I applaud you! Whether you are in relationship with yourself, with others, or navigating what those connections even mean right now, this journal is an invitation to come home to your body and redefine what pleasure means to you at this moment of your life's journey.

This space is not about experiencing pleasure the “right” way, performing sexually, or fitting into ideas that were never made with your healing in mind. As women and mothers, we are often carrying stories about what we should (or should not!) desire, how we should (or should not!) show up sexually, and what intimacy is supposed to look like. But here, you are free to scrap those unhelpful stories and begin to redefine it all!

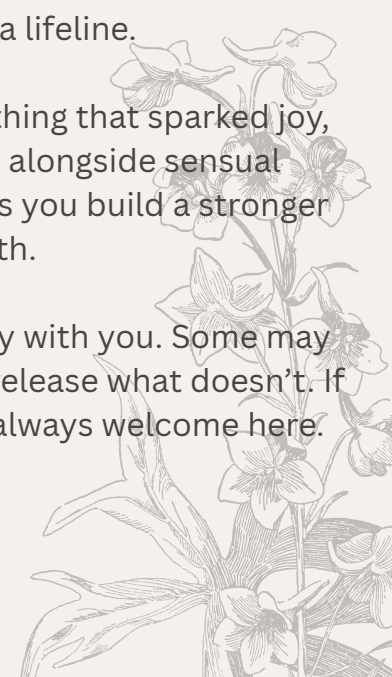

This journal is not about achieving something. It's about softening. Exploring. Reclaiming. It is about recognizing that pleasure is something that happens *for* us, not *to* us.

Each daily prompt is designed to gently guide you back to yourself. To your body. To your voice. To your own knowing. And with every prompt comes space for two simple yet powerful practices: pleasure and gratitude.

Your Daily Pleasure Practice doesn't have to include anything sexual — although it can, if and when that feels right for you. Instead, it might look like sipping your coffee slowly before the kids wake up. Breathing deeply into your hips. Applying lotion to your skin with care. Letting the sunlight kiss your shoulders. Listening to music that stirs something inside you. These small moments matter. They are not frivolous — they are fuel. Intentional pleasure is a way of nurturing yourself with the same tenderness you give to others. Your pleasure is not a luxury. It is a lifeline.

You'll also find space each day to note something you're grateful for — something that sparked joy, connection, or simply reminded you that you're alive. Practicing gratitude alongside sensual reconnection can open the heart and quiet the inner critic. Over time, it helps you build a stronger relationship with your body, your story, and your self-worth.

Each day includes a gentle affirmation — a whisper of encouragement to carry with you. Some may resonate deeply. Others may not. You are invited to take what feels true, and release what doesn't. If another affirmation comes forward from within you, honour it. Your truth is always welcome here.





**This is *your* space.**

There are no right or wrong answers here. There is no one way to do this. Some days, you may write a lot. Other days, just a few words. Some prompts may open something big. Others may leave you unsure — and that's okay too. You are not here to perform. You are here to remember.

This journal can become a touchpoint — something you return to in the future, when your needs, desires, and identity shift again. Your responses may evolve. So will you. That's the beauty of it!

At its core, this is a journey of ***permission***.

Permission to be curious. Permission to slow down. Permission to feel.

Pleasure is not just about intimacy — it's about finding safety in your own skin.

To feel at peace in your body — with its history, its power, and its longing — is a divine act of feminism.  
So welcome.

***You are worthy of this space.***

***You are worthy of your own pleasure.***

***You are worthy of coming home to yourself — again and again.***

Thank you for being here! Let's dig in!

Warmly,

Fraser Valley Sex Therapy  
@FraserValleySexTherapist



# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



Date:

@FraserValleySexTherapist

Day 1: How do I view myself in relation to sex/intimacy?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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**Daily Affirmation:** *"I am allowed to be both nurturing and deeply sensual."*

# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



**Date:**

@FraserValleySexTherapist

Day 2: How has my sexual identity shifted  
at this stage of my journey?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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**Daily Affirmation:** *"My  
body carries wisdom,  
strength, and softness."*



# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



Date:

@FraserValleySexTherapist

Day 3: What messages about sex, gender and motherhood have I received?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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**Daily Affirmation:** *"It is safe for me to reclaim my pleasure."*

# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



Date:

@FraserValleySexTherapist

Day 4: What is *my* purpose for pleasure?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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**Daily Affirmation:** "*I  
release the shame that  
was never mine to carry.*"

# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



**Date:**

@FraserValleySexTherapist

Day 5: When do I feel most connected to my body and my power?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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**Daily Affirmation:** *"Even in exhaustion, I am still worthy of joy."*



# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



**Date:**

@FraserValleySexTherapist

Day 6: What sensations do I notice in my body when I am relaxed, safe, or joyful?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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**Daily Affirmation:** *"My sensuality belongs to me — not to anyone else's expectations."*

# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



**Date:**

@FraserValleySexTherapist

Day 7: What do I miss most about feeling connected to my sensual or sexual self?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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**Daily Affirmation:** *"I am worthy of taking up space--slowly, sweetly, and with some sass when it feels right!"*

# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



**Date:**

@FraserValleySexTherapist

Day 8: What does "sensual embodiment" mean to me, and how might I begin to experience it in everyday life?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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**Daily Affirmation:** *"I am allowed to explore what feels good, on my own terms."*

# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



**Date:**

@FraserValleySexTherapist

Day 9: What generational messages have shaped my relationship to pleasure — and which ones am I ready to break or rewrite?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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## Daily Affirmation:

*"There is power and  
safety in my softness."*



# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



**Date:**

@FraserValleySexTherapist

Day 10: What myths about sex and desire  
am I ready to let go of?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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**Daily Affirmation:** *"I no  
longer have to shrink  
myself to be safe."*



# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



Date:

@FraserValleySexTherapist

Day 11: What part of my sexual self feels most distant right now?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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**Daily Affirmation:** *"It's okay to begin again — and again — and again."*

# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



Date:

@FraserValleySexTherapist

Day 12: What part of my sexual self feels like it's beginning to awaken?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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## Daily Affirmation:

*"Pleasure is a sacred  
form of nourishment."*

# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



**Date:**

@FraserValleySexTherapist

Day 13: What does feeling safe in intimacy mean to me now?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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**Daily Affirmation:** *"I am  
not broken — I am  
becoming."*

# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



Date:

@FraserValleySexTherapist

Day 14: What's one way I can begin to touch myself with more care or curiosity?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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**Daily Affirmation:** "I  
choose connection over  
performance."



# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



**Date:**

@FraserValleySexTherapist

Day 15: How do I want to feel in my intimate relationships — with myself or someone else?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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**Daily Affirmation:** *"My body is not a problem to fix, but a home to love."*



# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



**Date:**

@FraserValleySexTherapist

Day 16: What feelings arise when I imagine myself in a sexual space — and how might I meet those feelings with compassion?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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## Daily Affirmation:

*"Desire is not dangerous  
— it's divine."*

# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



**Date:**

@FraserValleySexTherapist

Day 17: How has becoming a mother shaped my relationship to my body?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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**Daily Affirmation:** "I  
deserve to feel alive in  
my skin."

# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



**Date:**

@FraserValleySexTherapist

Day 18: What sights, sounds, scents, textures, or tastes bring me delight or grounding?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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## Daily Affirmation:

*"Pleasure is a gift I offer myself."*

# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



Date:

@FraserValleySexTherapist

Day 19: What turns me on that has nothing to do with another person?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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**Daily Affirmation:** *"My pleasure creates a ripple effect of healing."*



# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



**Date:**

@FraserValleySexTherapist

Day 20: What kind of lover do I want to be  
— to myself?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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## Daily Affirmation: "I

*listen to my body like I  
would listen to a beloved  
child."*



# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



**Date:**

@FraserValleySexTherapist

Day 21: What kind of touch do I crave — and how can I begin to offer it to myself?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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**Daily Affirmation:** *"It is a radical act of feminism to choose myself."*

# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



Date:

@FraserValleySexTherapist

Day 22: What are 5 things I've never tried but feel curious about exploring?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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**Daily Affirmation:** *"I can rewrite the rules — for me, for my body, for my pleasure."*

# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



Date:

@FraserValleySexTherapist

Day 23: What boundaries do I need to protect my energy, my heart, and my pleasure?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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**Daily Affirmation:** *"I am not too much. I am not too little. I am just right."*

# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



**Date:**

@FraserValleySexTherapist

Day 24: What is one ritual I could create to reconnect with my sensuality?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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**Daily Affirmation:** "My  
needs matter."



# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



**Date:**

@FraserValleySexTherapist

Day 25: What is something I once loved  
about my body that I want to reclaim?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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**Daily Affirmation:** *"Every  
curve, every scar, every  
stretch — is sacred."*



# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



Date:

@FraserValleySexTherapist

Day 26: How do I balance being nurturer  
and being nurtured?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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## Daily Affirmation:

*"Sensuality is my  
birthright."*

# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



Date:

@FraserValleySexTherapist

Day 27: What does it mean to love myself through my grief, my growth, and my desires?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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**Daily Affirmation:** *"I make space for grief, growth, and desire to coexist."*

# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



**Date:**

@FraserValleySexTherapist

Day 28: What do I need to feel open to pleasure again?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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**Daily Affirmation:** *"Even in chaos, I can return to my body."*

# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



Date:

@FraserValleySexTherapist

Day 29: What does pleasure look like in the everyday moments of motherhood?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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## Daily Affirmation:

*"There is no 'right' way to  
be a sensual mother —  
it's about what works  
best for me."*



# RECONNECTING TO PLEASURE AS A SELF-LOVE PRACTICE



**Date:**

@FraserValleySexTherapist

Day 30: What does being a sensual woman and a mother mean to me — and how can both identities coexist?

## Daily Pleasure Practice

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## Today, I am Grateful for...

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## Daily Affirmation:

*"Today, I choose softness,  
curiosity, and love."*