



DESIRE
DISCOVERY
JOURNAL

You're here to explore your desires,
needs and dreams in your
relationships.

Self reflection is fundamental to
consciously creating what you want,
and then letting go of what no
longer is in alignment with that.

Get your teeth stuck into this
powerful list of prompts to help you
get clearer on what you want and
the things you're a no to.

See what you discover...

Before you write, I suggest one of 3 ways to get out of your mind to be more present.

Presence comes from stilling your mind, opening your heart and feeling the sensations in your body.

Try one, or all of these

1. Do a 10 minute grounding meditation.
2. Take 3 deep belly breaths. Inhale for 4, hold for 4 and exhale for 8!
3. Put one fun song on and SHAKE YOUR BODY! Do it like no one is watching and get your heart rate up.



THE PRESENT

1. How do you currently feel about yourself?

When you look in the mirror, what thoughts or feelings come up?

Do you feel proud of who you are becoming?

Why or why not? Are you kind to yourself when you make mistakes?

2. How do you feel in your body right now?

Do you feel energized, sluggish, or disconnected? When was the last time you felt fully alive or free in your body?

Do you feel sensual, at ease, or resistant when it comes to physical pleasure?

3. How do you feel in your daily life?

Are you waking up feeling excited, content, or unfulfilled? Do you feel aligned with your current path or a little lost?

What areas of your life feel expansive? Which ones feel stuck?

THE PRESENT

4. How do you feel in your relationship (or previous one)?

Do you feel deeply desired, seen, and cherished by your partner(s)?

Are you able to express your sexual and emotional desires openly and honestly? Do you feel emotionally safe and held during moments of vulnerability?

When it comes to intimacy, do you feel fully met, somewhat disconnected, or longing for more?

Are you satisfied with the level of physical affection, passion, and connection you share? Do you ever hold back from expressing your needs or boundaries out of fear of rejection or conflict?



DESIRES

5. How do you feel about your desires?

Do you allow yourself to fully want what you want? Do you feel guilty or hesitant when claiming your desires?

When you imagine fulfilling your deepest desires, what emotions arise?

Is it difficult to even know what you want?

6. Imagine you know what you want... What do you REALLY desire in your sexual relationships?

What haven't you tried that you want to?

What's been a longing you've had that you've felt afraid to express?

Why does it mean to you?

7. What fears or doubts hold you back from fully embracing your desires?

NEEDS

8. How do you take ownership of meeting your own needs—regardless of your relationship status?

What practices, boundaries, or self-care rituals help you stay fulfilled and grounded? Your partner can enhance your life, but your well-being is ultimately in your hands.

9. When you're feeling stressed or overwhelmed, what do you tend to do first?

Do you prioritize yourself with rest or self-care, or do you distract, numb, or focus on others instead?

10. How often do you put others' needs ahead of your own—even when it drains you?

Do you ignore your exhaustion, desires, or well-being to avoid disappointing or upsetting others? Just to keep the peace?

NEEDS

11. What are three non-negotiable values or qualities you need in a partner?

(Think about emotional traits, communication styles, or shared values that are essential for you.)

12. What makes you feel safe, seen, and fully yourself in a relationship?

When do you feel most comfortable expressing your true self without fear of judgment?

13. How do you typically feel and respond when your needs aren't met in a relationship?

(Do you withdraw, overextend, communicate clearly, or shut down?)



DREAMING BIGGER

You do not have to settle for anything less than you truly want! It's time to dream bigger than ever and know you are worthy of it all.

14. If you could create your dream relationship, how would it make you feel every day?

Would you feel cherished, desired, free, or deeply safe?

15. What's one moment or experience that would make you feel deeply alive with your partner?

Is it dancing under the stars, creating tantric rituals, sharing a vulnerable conversation, or being held with tenderness after a hard day?



DREAMING BIGGER

16. How would you be treated in this relationship, in both the big and small moments?

Do they celebrate your wins, support your growth, or bring you coffee in bed just because?

17. How would you show up as the best version of yourself in this relationship?

Would you feel more playful, confident, loving, or empowered?

18. How do you spend your time together?

What does your day-to-day intimacy look like—playfulness, deep talks, or shared passions?



DREAMING BIGGER

19. **How do you and your partner deeply connect?**

Is it through shared adventures, soulful conversations, rituals, transformational growth spaces, laughter, or tender touch? Or are you lacking ideas here?

20. **How do you communicate with ease, even during conflict?**

Do you feel fully heard and understood? Do you both express your needs with kindness and clarity? How do they respond to you?

21. **What are your shared values, and how do they shape your relationship?**

Do you both prioritize growth, freedom, family, or deep intimacy? How do these values guide your choices?



DREAMING BIGGER

22. When you are your most radiant, confident, and free, who are you?

23. How does this radiant version of you show up in a relationship?

What do you look like, sound like, and feel like in your body? Are you open-hearted, playful, honest, sensual, or deeply present?

24. How does your most free and confident self express in your sexuality and intimacy?

Are you bold, tender, curious, or unapologetically expressive? How does it feel to be fully claimed or to claim your partner?



25. What are the qualities and characteristics you deeply desire in a partner?

26. What are their lifestyle habits and ways of being?

Are they adventurous, health-conscious, spontaneous, grounded? What daily rituals or habits do they value?

27. How do you explore your sexuality together?

(Is it slow, sensual, playful, adventurous, or deeply sacred? How do you feel when fully seen and claimed?)

28. How does your partner show up spiritually, physically, emotionally, and intellectually?



HELL NO!

29. Take a loving, honest review of your current or most recent relationship.

Where did you feel fully met, and where did you feel unseen or unfulfilled?

30. What are all the things you are a NO to moving forward?

What dynamics, behaviors, or patterns will you no longer tolerate?

31. What qualities, characteristics, or habits are a clear NO for you?

What emotional, relational, or lifestyle traits are no longer aligned with your highest self?

32. What lifestyle choices are a NO in your future relationship?

Are you clear on boundaries around health, priorities, or personal values?

 **Knowing your NOs is a powerful catalyst.**

When you get clear on your NOs, you naturally create space for your YES.

The clearer you are on what you will no longer settle for, the more magnetic you become to what you truly desire—even if you don't fully know what that looks like yet.

You may not have all the answers yet, and that's okay.

Clarity is a process, not a destination. What matters is that you're showing up with honesty and intention.



💡 **Now, take a moment and feel into the version of you who is already living this reality.**

How does (s)he walk, breathe, and show up in the world?

What does (s)he believe about her/himself?

How does (s)he honor her/ his desires unapologetically?

🔥 **You are already this person!**

Every time you choose to honor your needs, claim your YES, and say NO to misaligned experiences, you step deeper into her embodiment.

You are worthy of deep, expansive love. You are worthy of being fully met. You are worthy of your desires.

And you are powerful enough to call it all in.

I'M ABI FOX

I am devoted to the path of sacred sexuality, tantra & embodiment so we can express ourselves freely and love authentically.

As an Intimacy Mentor, Tantric bodyworker, Energy Healer & Temple Priestess, she is dedicated to creating a world with deeper connection, mind blowing sex & meaningful intimacy.



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