



Sensuality Check In Journal

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This gentle journal is your space to reconnect with touch, pleasure, and body awareness without pressure. Sensuality isn't about performance, it's about presence. These prompts help rebuild connection and comfort with your body during midlife and beyond.

1. What does sensuality mean to me now — and how has that changed?

2. What touches or sensations do I currently enjoy (e.g., warm bath, soft fabrics, hugs)?

3. Are there any parts of my body I'm learning to appreciate again? Why?



4. How do I feel when I slow down and just *breathe* into my belly or chest?

5. What kind of music, scents, or visuals feel calming or uplifting to my senses?

6. How do I want to feel in my skin?

7. What helps me feel emotionally safe and relaxed in my body?



8. One way I can gently explore pleasure or self-touch this week is...

Embodiment begins with the simplest of sensations