

ARCHETYPE OF SEXUAL CONFIDENCE

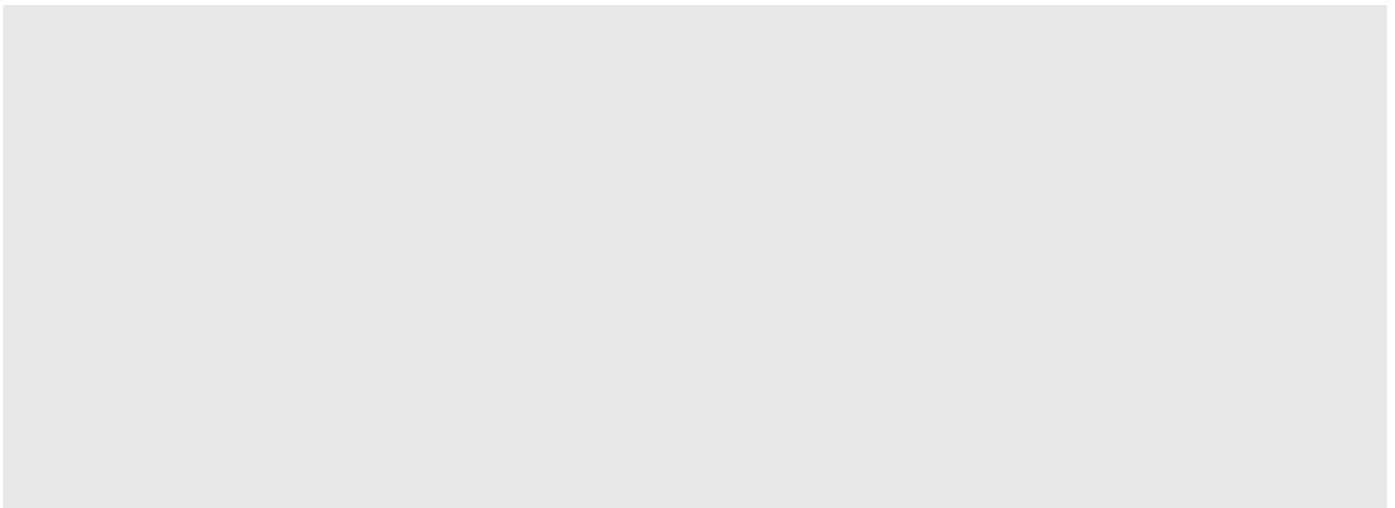
JUSTINA VICTORIA
MEN'S SEX COACH

This week I am inviting you to do something really fun. You will fully step into and embody confidence and sexiness in your day to day life by imagining that you are the Archetype of Sexual Confidence.

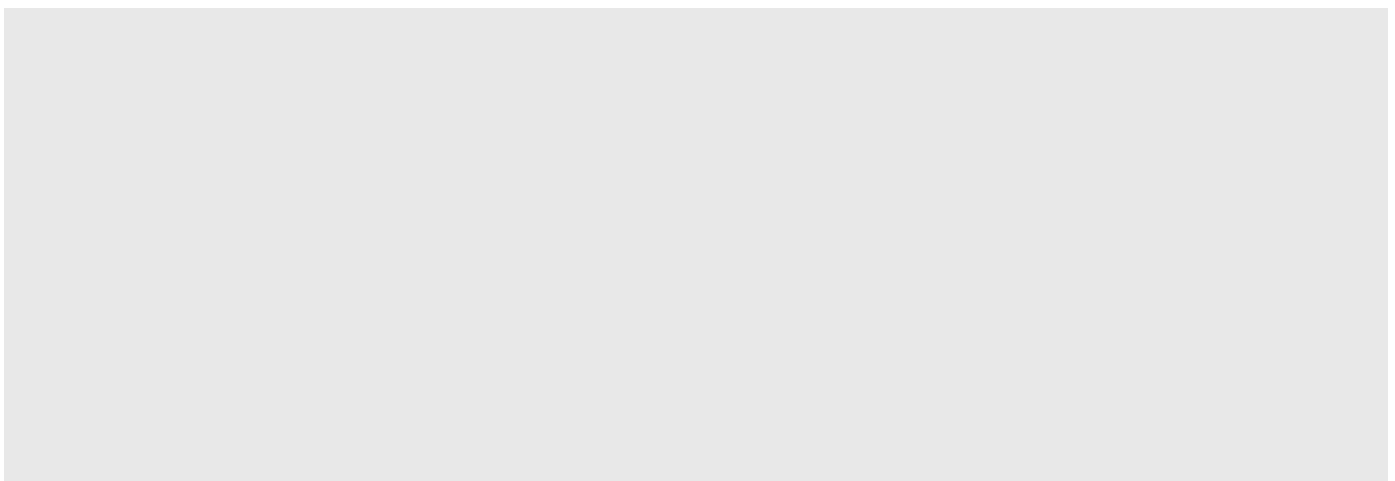
Throughout your day, be him. Speak as him. Dress as him. Play as him. Make love as him. (This includes to yourself as well!)

Before beginning this daily practice, spend time creating a strong connection to this archetype by answering the following questions:

DESCRIBE YOURSELF AS THE ARCHETYPE OF SEXUAL CONFIDENCE. WHAT DO YOU WEAR? HOW DO YOU SPEAK? HOW DO YOU MOVE? HOW DO YOU MAKE LOVE? (REALLY GO INTO DETAIL!)



WHAT WOULD YOUR LIFE LOOK IF YOU LIVED AS THE ARCHETYPE OF SEXUAL CONFIDENCE?



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WHAT HOLDS YOU BACK FROM BEING THE ARCHETYPE OF SEXUAL CONFIDENCE?

WHEN YOU CLOSE YOUR EYES AND IMAGINE YOURSELF AS THE ARCHETYPE OF SEXUAL CONFIDENCE, HOW DOES YOUR BODY FEEL?

WHAT THOUGHTS, FEELINGS, IDEAS, PEOPLE AND ASPECTS OF YOUR LIFE SUPPORT YOU TO THRIVE AS THE ARCHETYPE OF SEXUAL CONFIDENCE?

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WHAT ARE THREE THINGS YOU'LL DO THIS WEEK TO FULLY EMBODY THE QUALITIES OF THE ARCHETYPE OF SEXUAL CONFIDENCE?

