

ACTION STEPS for Gina Parris

- Create affirmations that say: “My sexual energy flows freely and abundantly and brings life to my marriage and brings creative solutions to business.”
- Don’t spend all your time doing things that use all your energy. Create a livelihood that energizes you. Pace yourself through the day.
- Mindset shift – change the way you associate sex with being another chore or laborious to being something that helps you relax, to give and receive pleasure and be energized and reduce and fire your creativity.
- Know that your husband is not asking you to give up everything else – career, girlfriends etc
- Don’t be a martyr. Put yourself first. Feed your appreciation for yourself. Feel great about yourself
- Get in touch with your senses. Get rid of stress. The sex hormones suffer as a result of stress, and we lose our libido.
- Feel positive towards your mate. Tell yourself you have a great guy. What you tell yourself is what you get.
- Open the dialogue about sex with your partner, but talk about it when it isn’t a stressful moment.
- When you discuss it, take ownership of what you’ve done to get you to the situation in which you are at. Ask what you can do for your partner as a lover.
- Make time with your mate a priority as you do with all other aspects of your life. Respect your partner and his sexuality.
- Look at yourself in the mirror and embrace your inner sex-kitten.
- Stop being hypercritical of your man. See him as his very best self.
- Feed your gratitude. Feed your sexiness.
- Teach your children about their body parts and slowly let them know about sex the same time you teach them everything else. Don’t let them think that sex is weird or dirty.