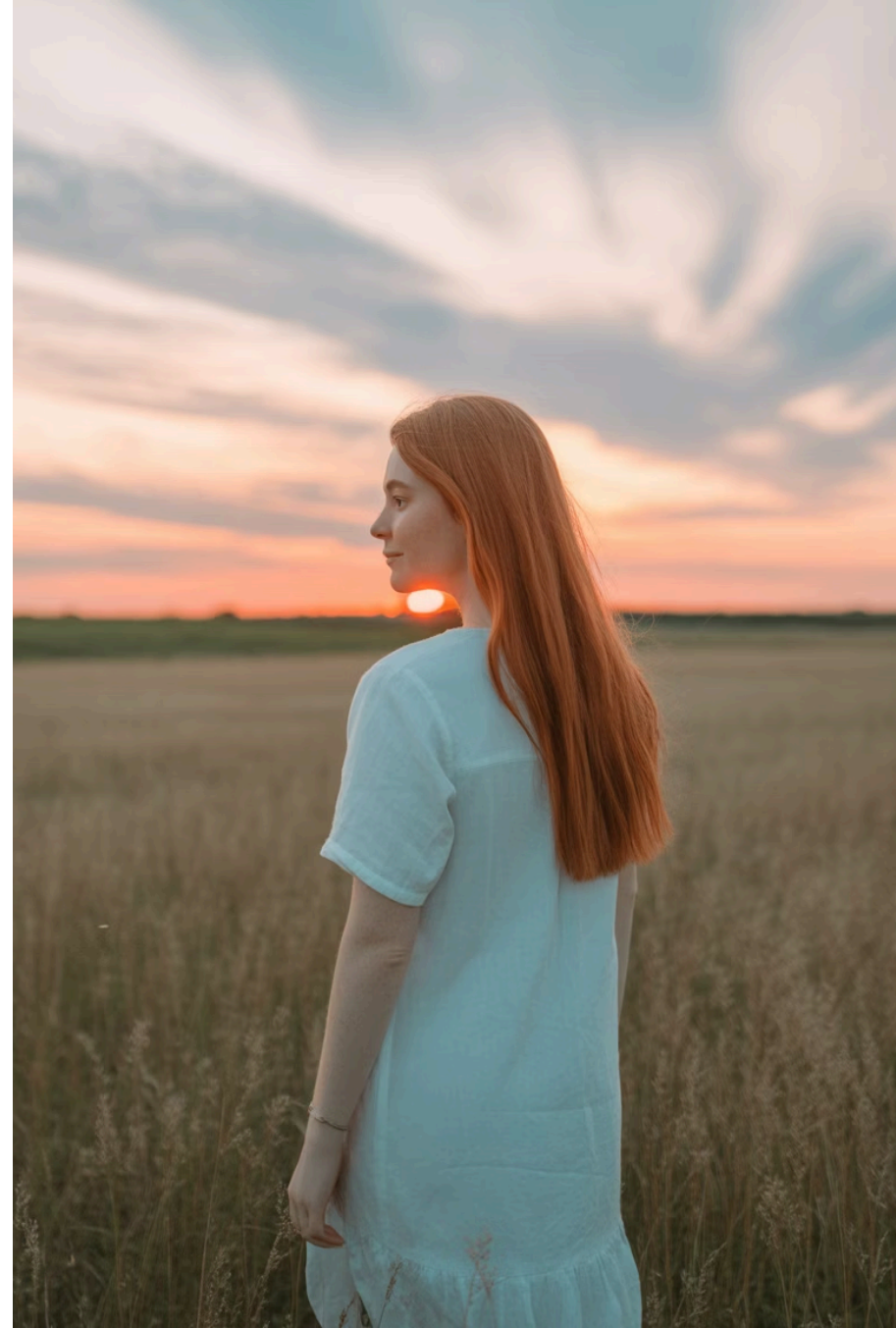


A 7-Day Guided Journal for Mindful Pleasure & Self- Discovery

This 7-day journal invites you to mindfully explore your sensuality, bodily awareness, and orgasmic potential through intentional cannabis use. Designed for women seeking healing, curiosity, or deeper connection, each day offers prompts to reflect on setting, sensations, emotional shifts, and discoveries—whether alone or with a partner. This journal complements *Using Cannabis Before Sex: A Mindful Pleasure Guide*, available as a free download at www.femaleorgasmtraining.com.



Before you Begin

Before starting your cannabis-supported pleasure practice, take a few moments to slow down and set the tone for your experience:

- **Review the day's prompts** *before* consuming cannabis. Let them guide your mindset and intention for the session ahead.
- **Create uninterrupted space.** Silence your phone, let others know you're unavailable, and ensure you won't be disturbed.
- **Transition into the moment.** Take time to shift gears—this could include a warm shower, a cup of tea, calming breathwork, or meditation.
- **Set the mood.** Adjust your space with lighting, scent, sound, or softness—whatever helps you feel safe, grounded, and relaxed.

During your pleasure practice:

- Touch yourself in any way or anywhere on your body that feels pleasurable, nourishing, or curious.
- Let go of expectations. There's no goal, no pressure, and no "right" way to feel or respond.
- Focus on *surrendering* to the altered state that cannabis can open—gently quiet the mind and allow sensation to lead the way.

Move slowly. Stay present. Trust your body.

Afterward, **return to the journal** to reflect on your experience using the prompts for the day. These gentle questions are here to help you process, integrate, and deepen your connection to your body, your pleasure, and your healing.

Day 1: Setting & Intention

Today begins your journey into mindful pleasure with cannabis. Setting the stage—both your physical environment and your internal mindset—is the foundation of a meaningful experience. Your space can influence how safe, open, and relaxed you feel. Your intention can gently guide where your energy flows.

Before you begin, take a few moments to connect with what brought you here. What are you hoping to explore, feel, or release?

Prompts:

- What intention are you setting for today's pleasure practice? Is it to feel, to heal, to listen, to let go, or something else?
- How did you prepare your space? What details helped you feel grounded, sensual, or safe?
- What feelings or expectations are you bringing into the experience today?
- How do you hope cannabis might support your connection with your body and pleasure?
- As you begin, are there any thoughts you'd like to release or welcome in?

Day 1

Date: _____

Alone or with a partner? Alone With Partner

Cannabis method used: Inhaled Edible Tincture Other: _____

Strain/type (if known): _____

Amount (e.g., "low dose" if unsure): _____

Time consumed: _____

Time pleasure practice began: _____

How did this dosage and method feel for you?

Did it support your ability to relax, connect, or feel sensation? Would you change anything next time?

Day 1: Sensations and Shifts

1. SENSATIONS & SHIFTS

What changed as the cannabis took effect? Mentally, emotionally, physically, sexually, spiritually—what did you notice?

Did anything else arise that you would like to reflect on?

Day 1: Integration/Future Explorations

Next Time

What do you want to try next time? (Mindset, dose, setting, solo/partnered, timing, touch, etc.)

Experience Summary

One sentence that captures the experience:

"-----"

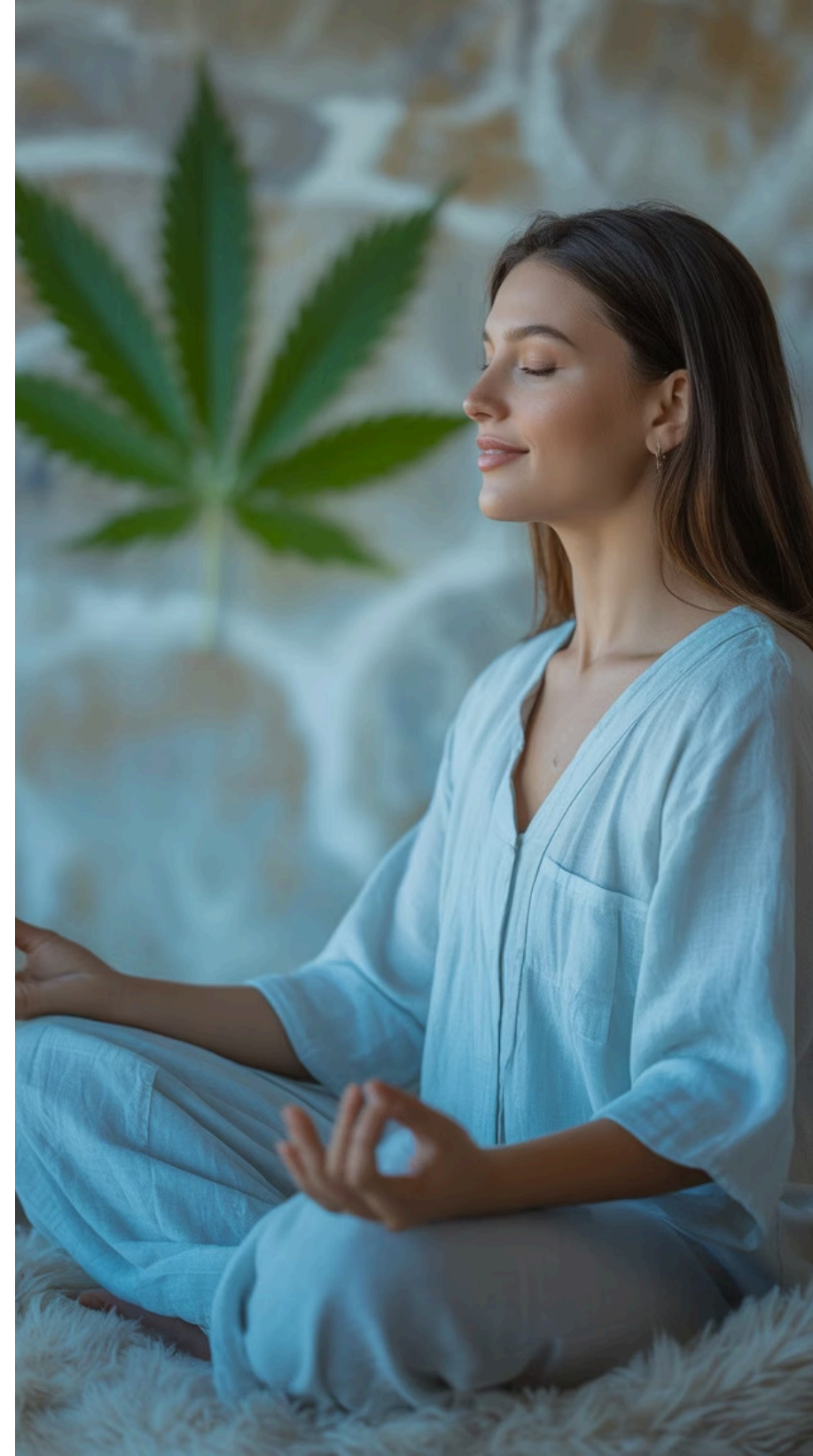
Day 2: Quieting the Mind

Yesterday, you explored the importance of setting your space and intention. Today, we shift inward to observe the mind. Quieting the mind can open space for deeper sensation, connection, and presence during your pleasure practice. With cannabis as a support, you may find your thoughts softening—or you may notice where resistance arises.

There is no right outcome. This is simply a chance to notice what's present and what's possible.

Prompts:

- What was your mindset going into today's session? What thoughts, feelings, or energy were you carrying with you?
- Were you able to quiet your mind during your practice?
 Yes No At times
- If yes, what helped you quiet your thoughts or stay present in your body?
- If not, what thoughts or distractions came up? Were you able to return to sensation or breath?
- Did cannabis influence your mental state in any way—either by helping you focus, soften, or become more aware of your thoughts?
- What felt different today when you focused on the mind, compared to focusing on intention in Day 1?



Day 2

Date: _____

Alone or with a partner? Alone With Partner

Cannabis method used: Inhaled Edible Tincture Other: _____

Strain/type (if known): _____

Amount (e.g., "low dose" if unsure): _____

Time consumed: _____

Time pleasure practice began: _____

How did this dosage and method feel for you?

Did it support your ability to relax, connect, or feel sensation? Would you change anything next time?

Day 2: Sensations and Shifts

1

1. SENSATIONS & SHIFTS

2

What changed as the cannabis took effect? Mentally, emotionally, physically, sexually, spiritually—what did you notice? How did you feel?

3

Did anything else arise that you would like to reflect on?



Day 2: Integration/Future Explorations

Next Time

What do you want to try next time? (Mindset, dose, setting, solo/partnered, timing, touch, etc.)

Experience Summary

One sentence that captures the experience:

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Day 3: Surrendering to Sensation

In Day 1, you created your space and set your intention. In Day 2, you explored quieting the mind. Today, we shift into surrender—letting go of control and allowing your body and sensations to guide you.

- Were you able to soften into the experience and follow your body's natural rhythm, without trying to direct or control it?
- Did any resistance, thoughts, or expectations arise? How did you respond to them?
- Were there moments where you felt fully immersed—in sensation, breath, sound, or touch?
- What helped you let go? What made surrender more difficult?
- Did surrendering lead to any new or unexpected feelings, memories, or forms of pleasure?

Day 3

Date: _____

Alone or with a partner? Alone With Partner

Cannabis method used: Inhaled Edible Tincture Other: _____

Strain/type (if known): _____

Amount (e.g., "low dose" if unsure): _____

Time consumed: _____

Time pleasure practice began: _____

How did this dosage and method feel for you?

Did it support your ability to relax, connect, or feel sensation? Would you change anything next time?

Day 3: Sensations and Discoveries

What felt good or surprising? Any enhanced sensations or new discoveries?



Day 3: Integration/Future Explorations

Next Time

What do you want to try next time? (Mindset, dose, setting, solo/partnered, timing, touch, etc.)

Experience Summary

One sentence that captures the experience:

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Day 4: Awakening your Imagination

With your intention set (Day 1), your mind gently quieted (Day 2), and your body surrendered to sensation (Day 3), you may now begin to access the rich inner landscape of imagination. Imagination isn't just a mental activity—it's a sensual, embodied experience that can expand pleasure, deepen connection, and unlock new pathways to arousal and insight. Cannabis can soften the mental barriers that often block access to imagination. Today, your invitation is to let your inner world come alive—through images, fantasies, colors, memories, sensations, or pure feeling. Let go of control. Allow the experience to unfold.

1 Prompts:

2 Did you set the intention to explore imagination in today's practice?

3

Was your imagination stimulated or enhanced in any way?

- Visually (e.g., imagery, fantasies, memories)
 - Sensually (e.g., textures, sensations, touch)
 - Emotionally (e.g., moods, insights, emotional shifts)
-

4

Were you able to experience imagination without overthinking or mental interruptions?

5

Did anything arise that surprised or moved you?

6

How did surrendering the past few days support your ability to access imagination today?

Day 4

Date: _____

Alone or with a partner? Alone With Partner

Cannabis method used: Inhaled Edible Tincture Other: _____

Strain/type (if known): _____

Amount (e.g., "low dose" if unsure): _____

Time consumed: _____

Time pleasure practice began: _____

How did this dosage and method feel for you?

Did it support your ability to relax, connect, or feel sensation? Would you change anything next time?

Day 4: Sensations and Discoveries

What felt good or surprising? Any enhanced sensations or new discoveries?



Day 4: Integration/Future Explorations

Next Time

What do you want to try next time? (Mindset, dose, setting, solo/partnered, timing, touch, etc.)

Experience Summary

One sentence that captures the experience:

"-----"



Day 5: Experiencing Pleasure in Fantasy

Now that you've accessed your imagination, today is about giving yourself permission to feel *pleasure within it*. Fantasy can be a powerful tool for exploring desire, evoking arousal, and expanding what's possible in your erotic world—without needing to act on anything physically.

Cannabis may help dissolve shame, hesitation, or overthinking, allowing you to immerse yourself more fully in the erotic narratives, sensations, or images that bring you joy, turn-on, or curiosity. This is your private realm. Let it be free, playful, or deeply sensual—whatever you need.

1

Prompts:

2

- Did you allow yourself to experience pleasure within a fantasy today?

3

- What kinds of fantasies or imagined sensations emerged—were they familiar or new?

4

- How did cannabis affect your ability to stay present in the fantasy without judgment or distraction?

5

- Were you able to sustain or build arousal through fantasy alone, or in combination with touch?

6

- Did you notice any shifts in how you relate to your fantasies, desires, or inner erotic world?

Day 5

Date: _____

Alone or with a partner? Alone With Partner

Cannabis method used: Inhaled Edible Tincture Other: _____

Strain/type (if known): _____

Amount (e.g., "low dose" if unsure): _____

Time consumed: _____

Time pleasure practice began: _____

How did this dosage and method feel for you?

Did it support your ability to relax, connect, or feel sensation? Would you change anything next time?

Day 5: Sensations and Discoveries

What felt good or surprising? Any enhanced sensations or new discoveries?



Day 5: Integration/Future Explorations

Next Time

What do you want to try next time? (Mindset, dose, setting, solo/partnered, timing, touch, etc.)

Experience Summary

One sentence that captures the experience:

"-----"
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Day 6: Deepening & Sustaining Pleasure

Now that fantasy and imagination have opened new doors, Day 6 is about *staying with pleasure*—allowing it to build, deepen, and ripple without rushing toward climax or needing to "finish."

This day invites the practice of expanding your pleasure window: breathing into sensation, lingering in arousal, and becoming more comfortable with sustained erotic energy. With cannabis as support, you may notice subtle waves, emotional textures, or energetic flows that unfold when you slow down and stretch the moment.

Prompts:

- Were you able to stay with pleasure today for longer than usual? What helped or made it challenging?
- Did you notice new layers of sensation, emotion, or energy the longer you stayed in the experience?
- Did cannabis help you stretch or expand your pleasure? In what ways?
- Were there moments when you felt like pulling away or rushing? How did you respond?
- How do you define pleasure now, compared to when you started this journey?



Day 6

Date: _____

Alone or with a partner? Alone With Partner

Cannabis method used: Inhaled Edible Tincture Other: _____

Strain/type (if known): _____

Amount (e.g., "low dose" if unsure): _____

Time consumed: _____

Time pleasure practice began: _____

How did this dosage and method feel for you?

Did it support your ability to relax, connect, or feel sensation? Would you change anything next time?

Day 6: Sensations and Shifts



1. SENSATIONS & SHIFTS

What changed as the cannabis took effect?
Mentally, emotionally,
physically, sexually, spiritually
—what did you notice?



Connected to Body?

Did you feel more connected
to your body? Yes No At
times



Reflection

If yes, describe how:

Did anything else come up
that you would like to reflect
on:

Day 6: Integration/Future Explorations

Next Time

What do you want to try next time? (Mindset, dose, setting, solo/partnered, timing, touch, etc.)

Experience Summary

One sentence that captures the experience:

"-----"
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Day 7: Integration & Erotic Self-Discovery

The final day is about reflection and integration—gathering what you've discovered over the past week and honoring the growth, insight, or connection you've cultivated. This is not an end but a continuation of your relationship with your body, pleasure, and cannabis as a healing ally.

Today, you're invited to let the experience be *whatever it needs to be*—gentle, wild, emotional, playful, erotic, or restful. Then take time to reflect on the whole journey.

1

Prompts:

2

How would you describe your relationship with pleasure today, compared to Day 1?

3

What have you discovered about your body, mind, desires, or boundaries this week?

4

Which practices or insights do you want to carry forward beyond this journal?

5

Has your perspective on cannabis as a tool for healing or connection changed?

6

If you could leave yourself a message for the next time you return to this kind of practice, what would it be?

Day 7: Sensations and Shifts



1. SENSATIONS & SHIFTS

What changed as the cannabis took effect? Mentally, emotionally, physically, sexually, spiritually—what did you notice?



Reflection

If yes, describe how:

Did anything else come up that you would like to reflect on:



Connected to Body?

Did you feel more connected to your body? Yes No At times





Integration

Day 7: Integration/Future Explorations

Next Time

What do you want to try next time? (Mindset, dose, setting, solo/partnered, timing, touch, etc.)

Experience Summary

One sentence that captures the experience:

"-----"
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Closing Reflection: Honoring Your Journey

You've just completed a powerful seven-day exploration of cannabis-supported pleasure, imagination, and embodied self-discovery. Whether your experience was subtle or profound, playful or emotional, what matters most is that you showed up—with curiosity, courage, and care.

This journey wasn't about reaching a goal. It was about returning to yourself—your body, your breath, your inner world of sensation and longing. You've practiced slowing down, softening your mind, surrendering to pleasure, and reclaiming fantasy as a source of insight and erotic power.

Take a moment now to honor what you've uncovered. This isn't the end—it's a beginning.

1

What are you proud of from this week?

2

What part of you feels more alive or connected now?

3

How will you continue creating space for mindful pleasure in your life?

4

What do you want to thank yourself for?

A Note to Yourself (optional):

Write a message you can return to the next time you need encouragement, permission, or remembrance.

"Dear self..."

Continue Your Journey

Your pleasure journey doesn't end here. Whether you're just beginning or deepening your connection with your erotic self, the **Female Orgasm Training Institute** is here to support you every step of the way.



Explore more guides,
meditations, and tools

Join our community of
women reclaiming pleasure

Discover cannabis-
informed approaches to
sexual healing

Visit us at:

www.femaleorgasmtraining.com

Stay connected. Stay curious. You deserve a full, vibrant, and embodied sexual life.

With love,

Dr. Suzanne @**The Female Orgasm Training Institute**

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