

001: Finding your Sexual Blueprint for a Hot, Healthy Sex Life

10 Point Checklist

Miss Jaiya

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**

A close-up portrait of Miss Jaiya, a woman with long dark hair, smiling warmly at the camera.

"What are your partner's fantasies? Create a safe space to talk freely and be accepting of each other's fantasies."

MISS JAIYA

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Learn your sexual blueprint by checking out missjaiya.com and completing her quiz.
- Do a sex lab! A simple A/B test can be a great way to tune into exactly what your partner desires and start having better sex asap.
- Try a pleasure wave for sex that really takes advantage of the appeal of “teasing.”
- Having trouble shutting off your brain? Do monkey breath for 5 minutes before a sexual experience.
- Or, have your partner (or you) try bony handles to feel more comfortable in the sexual experience.
- Want to explore a new side of your sexuality? Try a sex challenge of a new style or move!
- Achieve a higher level of sensation during oral sex by incorporating both mouth and hands.
- Try the hook method to dig into the g-spot for better sensation for fingering a woman.
- Try role play to tap into the other sides of your sexuality and move beyond your sexual blueprint more comfortably.
- Set up an adventure date for you and your partner (or just your partner!) to start new passion in your relationship.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/finding-your-sexual-blueprint-for-a-hot-healthy-sex-life-miss-jaiya/>