

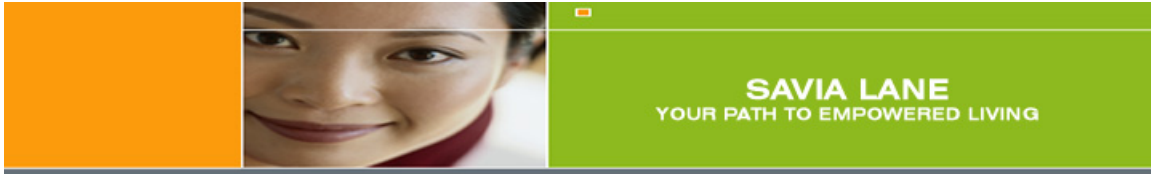
ACTIVITY BOOK

Empowering Your Sex Drive

How to Revive Your Playtime

By
Leesa Barnes
The Empowerment Diva

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Introduction

After listening to the [Get Ready for Love show](#) where I talked about *How to Un-Balance Your Busy Life and Empower Yourself Instead*, as well as *Ways to Empower Your Sex Drive*, you might be wondering what to do next. This activity book is designed to help you explore your imagination and creatively develop games you can play with your partner to revive your sex drive.

This activity book is perfect for couples wanting to explore new ways to do the same-ol', same-ol'. Use it as a reference or as a way to start this important conversation with your partner. If you're both not on the same page when it comes to introducing something new to your playtime, you will certainly not enjoy the sex you deserve.

Enjoy and if you have any questions, visit the [Contact Us form](#) on saviialane.com and select *Other* from the drop down list.

Activity #1 – Your Home

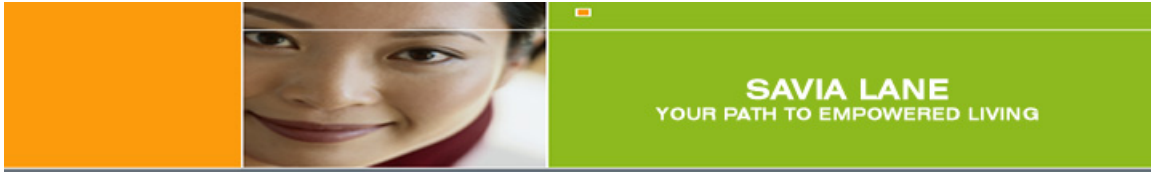
List the areas in your home, except the bedroom, that can be used as a sensual spot. Then, list the reasons why this area of your home is a good spot for playtime.

#	Area of your home	Why?
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Activity #2 – Ordinary Items

List the ordinary items in your home that you can use for extraordinary sex. Then, list the specific erotic activity you can use these items for.

#	Ordinary Items	Erotic Activity
1	<i>Example: A banana</i>	<i>Example: Use as a dildo</i>
2		
3		
4		
5		
6		
7		
8		



Resources

Five Ways to Empower Your Virtual Image

A teleworkshop hosted by Savia Lane

According to studies done by Dr. Albert Mehrabian at UCLA, 55% of people will base their first impression of you on how you look (visual), 38% will judge you on how you use your voice (vocal) and 7% will form an opinion about you on the things you say (verbal).

Your virtual image is your smile and your personal greeting. In this teleworkshop, you will:

- **Discover** the 4 unsafe topics that you should never include on your website or social networking profile
- **Understand** the 5 words you should avoid using in your website copy
- **Find** out what to include in a blog that establishes you as an expert
- **Learn** how to create a cost-effective website design that compliments your virtual image
- **Know** the elements of an email signature that will make your business stand out

Visit <http://www.savialane.com/services.jsp> for more details about this teleworkshop.

How to Un-Balance Your Busy Life & Empower Yourself Instead

A teleworkshop hosted by Savia Lane

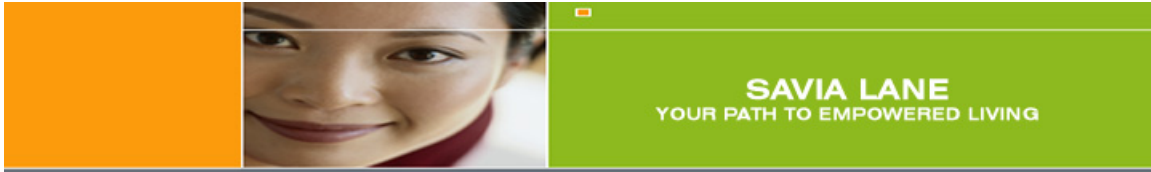
Studies have shown that:

- 80% of working women spend up to 40-hours a week on unpaid work (Statistics Canada)
- 60% of working women say they don't have enough time for their personal needs, compared with 48% of men (Washington Post / Newsweek)
- More women than men feel more time-stressed today compared to 10-years ago (Statistics Canada)

Imagine, a life you want to live without burning out. This teleworkshop will allow you to become **the master of your own destiny** by helping you to:

- **Discover** how to ask close-ended question so you don't say yes too quickly
- **Understand** the 3 key differences between balancing your life and empowered living
- **Learn** the secrets of how to delegate what you can't do and focus on what you can do

Visit <http://www.savialane.com/services.jsp> for more details about this teleworkshop.



About the Author

Leesa Barnes, *The Empowerment Diva*, is a motivational speaker, writer and founder of Savia Lane. For over five years, Leesa has taught women how to un-balance their busy lives and empower themselves instead. She has helped countless women become more assertive and learn the gift of saying no to life's constant demands.

A university graduate with an honours degree in History and Women's Studies, Leesa's background is an eclectic mix of experiences: basketball player, software project manager, graphic designer, founder of a technology professional association, founder of an erotic website, editor of a sports e-zine. Her experience working and playing in a variety of fields has given Leesa the insight on how women can succeed in a male-dominated industry.

Leesa has been profiled on numerous television and radio shows nationally, and her work has been published in countless magazines and websites. In 2000, Leesa was the recipient of an Achievement Award presented by *Pride Magazine* due to her work in the community.

Women who have attended Leesa's *Five Steps to Un-Balance Your Busy Life* and *Strategies to Succeed in Male-Dominated Industries* workshops have transformed themselves from spineless to assertive. In the Winter of 2005, look for Leesa's book entitled *101 Ways to Un-Balance Your Busy Life*.