

Gettin' *Sexy* **WITH!**

Men, as we talked about at the "Get With" conference, we have to slow cook those butts. If you were not at the conference, take a few minutes to check out Brian Goins' Smokin Butts video at this link from the Uncommen App. https://youtu.be/zU8ule_O8B8

Start on the first page of this date that will allow you to connect, laugh and learn more about each other and move in order from beginning until end. The last items are two of the games you will use on your Sexy Challenge Calendar this month.

For the Bedroom Value Menu game:

Print the McStud Muffin Wallet and paste on an envelope. Print 2 sheets of the money, cut and put in the wallet. Wives, present your husband with his "wallet" and menu card for his ordering.

For Sizzling Truth or Dare:

Print out the cards. Cut them down to individual cards. Print the front game logo on the other side if you would like. Take turns drawing a card and doing what is on that card.

No jumping straight to the final page. That would be like trying to microwave your butt. We are not trying to make beef jerky here.

Have fun and enjoy the sizzle tonight.....Oh yeah!

P.S. Thank you to The Dating Divas at www.thedatingdivas.com for sharing some of your ideas to make this month sizzle!



Prepare ~ Enrich ~ Crisis ~ Stepfamily
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the
great
Datexperience 

Made About You

How do I love thee? Let me _____ the ways! My love

for you is like a _____ I love you more than my

_____. I think of you _____ times in a day. You are as

sweet as _____ and your kisses make me

feel _____. I think that you are the best thing since

_____ there is no one in the world as

_____ as you. Whenever I am at _____ I

think on our _____ love. Our love is so

_____ not even _____ could compare.

Even _____ turn _____ with _____

when they see us together. I would do anything for you my

_____ I would even go to _____ and back

for you. Our love is so _____ I know that it will last

for _____

Made In Love

When I first saw you my _____ felt tingly like a

_____ and I heard choirs of _____ singing

" _____ ". You were so _____ and

_____ if gave me _____ in my stomach. I said

to myself, " _____ "! I, of course, first noticed

your _____ body and your _____ facial feature

when I found out you owned a vintage _____ and liked

to _____ I knew our love was destined to be

_____ I immediately went to _____ and

told _____ all about how _____ you were.

He/she said, " _____ "

and I agreed.



POP QUIZ

1 When going out to dinner would you rather choose...

- A. an appetizer
- B. a dessert
- C. an entree
- D.

2 Your perfect romantic experience is...

- A. helicopter ride to the top of mountain for a dinner overlooking the city
- B. a boat ride followed by an elegant sunset dinner.
- C. horseback riding and then a bonfire on the beach.
- D. cuddled up on a bearskin rug in a secluded cabin in the woods.
- E. a road trip in a sports car along the coast with a gourmet dinner picnic for two.
- F.

3 If you had a choice of one creative activity, it would be...

- A. dancing
- B. creating
- C. drawing
- D. karaoke
- E.

4 What is one of your favorite hobbies?

- A. Shopping
- B. Exploring
- C. Hiking
- D. Fishing
- E. Gaming
- F. Cooking
- G.

5 What are you most passionate about in your relationship?

- A. Communication
- B. Intimacy
- C. Spirituality
- D. Common Interests
- E.

6 Our next vacation spot should be something that's a little...

- A. adventurous
- B. tropical
- C. historical
- D. Relaxing
- E. on the move
- F.

7 You're idea of a perfect date would be...

- A. a movie at home
- B. going out on the town
- C. attending a concert
- D. trying out a new restaurant
- E. exploring a new hiking trail
- F.

8 What makes you feel loved the most...

- A. weekly dates
- B. public displays of affection
- C. love note
- D. compliments
- E. gifts
- F.

9 Which adjective best describes your interests...

- A. Fun
- B. Adventurous
- C. Powerful
- D. Intellectual
- E. Creative
- F. Amorous
- G.

10 If you could do one of the following, which would you choose...

- A. walk around a foreign city
- B. go to a rooftop party in a big city
- C. go to a five star restaurant
- D. have a deep conversation about life
- E. sitting outside enjoying a good book
- F. hiking a challenging mountain
- G.

11 If you won the lottery you would...

- A. buy a luxury home
- B. start up a company
- C. donate to charities
- D. travel the world
- E. place it into savings
- F.

12 Out of the following meals, which makes you drool...

- A. chicken curry with saffron infused rice
- B. organic ribeye steak with roasted potatoes
- C. oysters on the half shell followed by mahi steak with mango salsa
- D. poached salmon in fresh cream sauce served with capers in penne pasta
- E. tomato and arugula bruschetta followed by pasta
- F. barbecue pork with spicy beans and cilantro infused rice
- G.

13 What one phrase describes life?

- A. Life is a journey.
- B. Life is a party!
- C. Life is an adventure.
- D. Life is a canvas.
- E. Life is a spiritual experience.
- F.

14 If our relationship was a romance comedy, the movie that describes us is...

- A. Pitch Perfect
- B. Just Go With It
- C. The Princess Bride
- D. Sweet Home Alabama
- E. Mr. and Mrs. Smith
- F. 50 First Dates
- G. Footloose
- H. My Big Fat Greek Wedding
- I.

15 The best way to flirt with me is...

- A. a tap on the bum
- B. setting out an intimate game for two
- C. a wink from across the room
- D. texting a sexy photo
- E. a little dirty talking
- F.

16 When going on a short trip, how would you like to travel...

- A. car
- B. plane
- C. boat
- D.

17 Would you rather make a...

- A. phone call
- B. text
- C. email
- D.

18 My favorite time of the day...

- A. Morning
- B. Noon
- C. Evening
- D.

19 There is extra money in the bank, what do you do with it...

- A. splurge at the movies
- B. get a fancy hotel for the weekend
- C. buy a new outfit
- D. go all out for dinner
- E.

20 The special occasion I enjoy celebrating is...

- A. Valentine's
- B. Anniversaries
- C. Birthdays
- D.

21 The best unexpected token of love would be...

- A. a homemade card
- B. a kiss out of the blue
- C. a surprise date
- D. a thoughtful gift
- E.

22 _____

- A.
- B.
- C.
- D.

23 _____

- A.
- B.
- C.
- D.

24 _____

- A.
- B.
- C.
- D.

25 _____

- A.
- B.
- C.
- D.

IF YOU COULD CHANGE YOUR FIRST NAME – WHAT WOULD IT BE?

WHAT WOULD BE YOUR DREAM JOB?



WHAT WAS YOUR FIRST IMPRESSION OF YOUR SPOUSE?

IF YOU COULD TRAVEL ANYWHERE IN THE WORLD – WHERE WOULD IT BE?



HOW DID YOU AND YOUR SPOUSE MEET? GIVE DETAILS!

WHAT IS YOUR BIGGEST FEAR?

WHO IS YOUR HERO AND WHY?



IF YOU COULD HAVE ANY SUPERPOWER – WHAT WOULD IT BE?

DO YOU HAVE A NICKNAME? WHAT IS IT & HOW DID YOU GET IT?

IF YOUR LIFE WERE MADE INTO A MOVIE – WHAT WOULD THE TITLE BE?



DESCRIBE THE PROPOSAL FOR YOU AND YOUR SPOUSE. GIVE DETAILS!

WHAT ANIMAL IS MOST LIKE YOUR PERSONALITY?

IF YOU COULD ONLY EAT ONE THING FOR THE REST OF YOUR LIFE – WHAT WOULD IT BE?



IF YOU WON \$1,000 TODAY – WHAT WOULD YOU SPEND IT ON?

WHAT IS THE GROSSEST THING THAT YOU HAVE EVER EATEN?

WHAT IS THE CRAZIEST THING YOU HAVE DONE?

WHAT LIFE ACCOMPLISHMENT ARE YOU MOST PROUD OF?

WHAT IS YOUR MOST EMBARRASSING MOMENT?

WHAT DO YOU LOVE MOST ABOUT YOUR SPOUSE?



WHAT IS USUALLY YOUR FIRST THOUGHT WHEN YOU WAKE UP IN THE MORNING?

WHAT IS YOUR FAVORITE QUOTE?

WHEN YOU HAVE AN HOUR OF FREE TIME – WHAT DO YOU CHOOSE TO DO?



WHAT CHORE AROUND THE HOUSE DO YOU ABSOLUTELY HATE DOING?

IF YOU COULD GO BACK IN TIME & SEE YOURSELF – WHAT YEAR WOULD YOU VISIT?



WHAT DO YOU THINK IS THE IDEAL AGE?

IF YOU COULD SPEAK ANY LANGUAGE, WHAT WOULD IT BE AND WHY?

IF YOU KNEW THE WORLD WAS ENDING IN 6 MONTHS – WHAT WOULD YOU DO DIFFERENTLY?



WHAT WEBSITE DO YOU FREQUENT THE MOST?

IF YOU COULD WITNESS AN EVENT FROM THE PAST WHAT WOULD IT BE?

WHAT WAS YOUR FAVORITE HALLOWEEN COSTUME YOU HAVE EVER WORN?



IF YOU COULD WITNESS AN EVENT FROM THE FUTURE WHAT WOULD IT BE?

WHAT IS YOUR FAVORITE SPORT?

IF YOU COULD MAGICALLY LEARN A NEW SKILL WHAT WOULD IT BE?



WHAT IS YOUR FAVORITE WORD TO SAY?

IF YOU WERE IMMORTAL FOR THE DAY – WHAT WOULD YOU DO?

WHAT IS YOUR FAVORITE FORM OF EXERCISE?

IF YOU COULD MEET ANYONE, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?

WHAT WAS YOUR FAVORITE SUBJECT IN SCHOOL?

IF YOU COULD BE A FICTIONAL CHARACTER WHO WOULD YOU CHOOSE AND WHY?



HOW DID YOUR PARENTS CHOOSE YOUR NAME?

THE DATING DIVAS
SEXY
SURVEY

FOR HER

On a scale of 1 to 10, how important is sex to you?

On a scale of 1 to 10, how important is non-sexual touch and affection to you?

What does sex mean to you?

What does non-sexual touch and affection mean to you?

How often would you like to make love?

How much time would you like to spend on foreplay?

When are your favorite kinds of non-sexual touch or affection, *(holding hands, hugging, back rub, cuddling, playing with hair, etc.)*?

What is your favorite part of our love life?

What is one thing you'd like to improve on together in our love life?

What is one of your favorite intimate memories of us? *(Perhaps, one that you'd like to re-create some time.)*

Why is it one of your favorites? What made it so memorable?

What are three things that happen outside "the bedroom" that make you most interested in being intimate?

(What do I do that makes you swoon?) _____

What are three things that happen outside "the bedroom" that make you least interested in being intimate? *(What turns you off?)*

Tell me what your ideal intimate encounter with me would be like?

THE DATING DIVAS
SEXY
SURVEY

FOR HER

Where do you like most being touched during lovemaking?

What is something you think might be fun to try some time?

What do you most think about or worry about when we are being intimate?

What is your favorite way to relax and de-stress?

What do you most like me to say to you during lovemaking?

What do you like me to wear during lovemaking?

What is your favorite perfume or cologne for me to wear?

What is your favorite love making position?

Which love making positions would you like to try?

What's one thing you'd like to know, but never asked me about before?

Rank these activities in order of importance to you: sex, cuddling, kissing, holding hands, spooning, and talking.

On a scale of 1 to 10, how comfortable was it for us to have this conversation?

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SURVEY

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THE GREAT *Sex* CHALLENGE

The bedroom can be a daunting place because it brings out any insecurities we might have about ourselves. It makes us vulnerable. But the bedroom can actually be one of the most rewarding and confidence boosting areas of your relationship and your self esteem - Here's the ULTIMATE sex challenge!

Is intimacy a challenge in your relationship? Do you find that the longer you've been married or adding kids to the equation has made your sexual relationship dwindle? No more excuses! Connecting intimately is going to become a challenge you conquer and defeat...while having fun in the meantime!

Great sex begins with intimacy (not sex is intimacy). Intimacy is sharing parts of yourself that are not readily available to others. Intimacy means so much to each partner in the relationship. For one, sex might be a way of expressing their love to their spouse. For another, sex might mean connecting and feeling love from their spouse. Regardless of what it means to one person or another, the key thing to note is that sex is SO much MORE than physical! ***Intimacy is about engaging each other emotionally and spiritually while physically connecting with your body!***

Next time you feel too tired to engage in sex, remind yourself, that this might be your spouse's way of wanting to connect, express love, or be comforted. Also, remember that sex is great for the mind and body. Sex releases endorphins in the brain. Endorphins are a group of hormones that occur naturally in your brain, that when released increase your mood! Yup, that's right? SEX = INSTANT MOOD LIFT! Regardless of how tired or "not in the mood" you were prior to sex, endorphins are why afterwards, you always feel awake and relaxed!

So, instead of feeling like *having sex is a challenge* in your relationship, ***MAKE it a challenge to have sex!*** Turn the negative into a positive and be surprised with the outcome. This post is here to give you a month's worth of ideas to increase your intimate relationship. NOW, that doesn't mean a month of sex each night! *{sorry fellas}* It means a month of exploring, focusing and engaging each other intimately. Which, according to our definition above, includes three levels: physically, emotionally and spiritually.

We've included a blank calendar for you to fill in your month of choice and what each day's challenge will be. The list of intimate challenges to choose from is on the back.

Here is a list of **31 different** intimate challenges. You pick from the list and place them anywhere on your calendar *{if there are some you don't like, you can use other ideas twice - but remember to try and challenge yourself and reach slightly outside your comfort zone}*:

1. Create a romantic environment: candles, soft lighting, soft music, etc.
2. Focus on foreplay: allow free reign to your spouse. Take turns expressing and exploring your desires.
3. Be confident about your body: have your spouse name their favorite feature of yours.
4. Kissing isn't just for sex: kiss with your hands and body.
5. Don't force pleasure: take time to explore and ensure pleasure. Set an amount of time for this extended session.
6. DATE: connecting starts with dating your spouse. On your date, share your hearts with each other.
7. Up your weekly count: try to have sex 1 more time than normal this week.
8. Snuggle after: stay in the moment even after the moment is over.
9. Add variety: try bedroom games (Try [Sizzling Truth or Dare](#) and the [Bedroom Value Menu](#))
10. Act silly together: engage in a fun, light hearted date that allows both of you to let loose, connect emotionally and laugh a little; laughter creates endorphins as well!
11. Focus on your partner ONLY: take turns; 1 night all about HIM and 1 night all about HER.
12. Anticipation is key: flirt, tease and seduce your partner throughout the day with texts and/or love notes.
13. Change your frame of mind: if you don't feel sexy, you won't give into the passion – work on yourself and feeling strong, beautiful and sexy.
14. Love others: engage in a “giving” activity; showing love to others allows you to connect together and love one another more.
15. Give into the moment: regardless of how tired you are, give into the moment.
16. Sneak a quickie: the risk increases intensity and pleasure.
17. Open discussion: take our [Sexy Survey](#) and discuss what will make each of you happier in the bedroom.
18. Explore the Body: use body paint and allow your spouse to explore you and vice versa.
19. Keep going: try for round two. 😊
20. Location, Location, Location: try a new location – whether it be in the house or out. *{wink wink}*
21. Cuddle: snuggle up with no sex but just pure, physical touch.
22. Connect spiritually: talk about your spiritual goals and how having strong values and working together can get you there.
23. Switch it up: try a new position; although it may be out of your comfort zone at first, if you both agree, it might really pay off in the end.
24. Whisper words: use bedroom talk to get your spouse in the mood or while in the moment.
25. Toys aren't just for kids: try a bedroom toy; it can be as simple as a tickler or something more riskier.
26. Slow down: don't rush foreplay, just the same as don't rush an orgasm – let the event happen naturally.
27. Dress up: when you feel beautiful, you feel more confident and confidence can lead to a better sex life; get dolled up one evening {even if you're just staying in} and see where the night leads you.
28. Connect emotionally: share feelings you have regarding any personal topic you have going on in your life at the moment. See how your spouse can help you!
29. Hold hands: anytime you're out together, hold hands; a simple way to physically connect without sex.
30. Massage with a happy ending: Massages are a great stress reliever for the receiver and a great way to begin foreplay for the person giving the massage.
31. Midnight wake up: try surprising your spouse with a mid-night wake up call...if you know what I mean. *{wink wink}*

SEX CHALLENGE



FOR THE MONTH OF

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

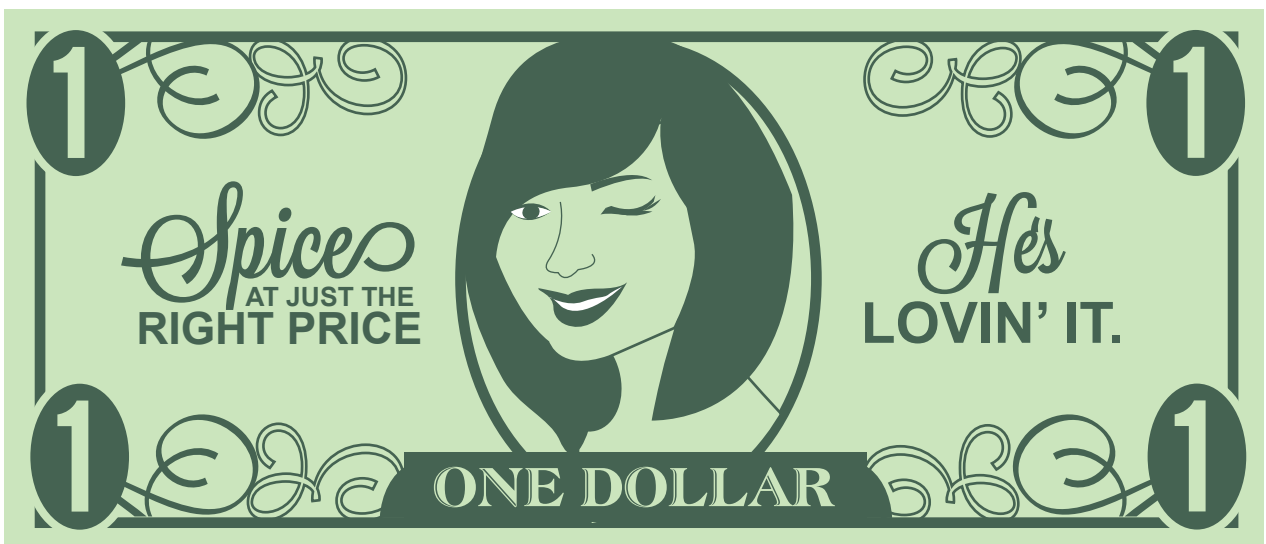
FRIDAY

SATURDAY

TO DO:

TO BUY:





Spices
AT JUST THE
**RIGHT
PRICE**



BIG FAVORS
LOTS OF *Options!*



10-Minute
Massage



Make-Out
Session



Remove
Shirt



Sweet
Foreplay



Strip
Tease



Get
Busy -\$5



Lap
Dance



Spouse's
Choice



Steamy Shower
Together



Remove
Pants



Blind
Taste Test



Flash
Me



Trail Kisses
Over the Body



Fulfill
a Fantasy



Combo of
Any 2 Favors -\$3

 **he's lovin' it.**

Sizzling
truth
and dare

Sizzling
truth
and dare

Sizzling
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Sizzling
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Sizzling
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Sizzling
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Sizzling
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and dare

Sizzling
truth
and dare

What is
your biggest
turn on?

What is
your biggest
turn off?

If you could
pick one place
for me to focus
my attention on,
what would you
pick?

The best body
part of mine is?

What's your
wildest fantasy?

What is the
most sensual
piece of
clothing I
own?

If you could
dress me up in a
sexy outfit what
would you
choose?

Describe a
steamy
encounter
with me.

What makes
me HOT?

Describe our most romantic moment.

If I were your slave for the day, what would you have me do?

Remind me why you love me.

What drives you wild?

If you could keep a picture of me in your wallet that only you would see, what would I look like?

What is the most romantic location in the world that you would like to take me to?

If we were to go on a second honeymoon for a day and could do anything, where would we go and what would we do?

WILD CARD

WILD CARD

Sizzling
truth
and
dare

Sizzling
truth
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dare

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Sizzling
truth
and
dare

Make a move
on me.

Use your best
pick up line on
me.

Trade an article
of clothing with
me.

Use a piece of
ice to tease me!

Blindfold me
and tantalize
me for five
minutes.

Whisper sweet
nothings in
my ear.

Flash me.

Give me a five
minute massage
that will curl my
toes.

WILD CARD

Sizzling
make-out
session for 10
minutes.

Perform a
sensual lap
dance

Strut in the
lingerie of your
choosing.

Kiss me for two
minutes where I
choose.

Use a feather to
turn me on.

Using only your
hands, make me
wild.

Remove the
piece of
clothing that I
choose.

Leave a trail of
steamy kisses
from my head to
my toes.

Taste test five
sweet treats off
my body
blindfolded.