

Sexy Self Care Journal + Guide



Questions for self connection during CWI Camp:

WHAT IS SOMETHING I'D LIKE TO EXPLORE MORE OF THIS WEEKEND?

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WHAT IS MY DEEPEST DESIRE FOR THIS WEEKEND?

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SOMETHING I FEEL NERVOUSE/ UNSURE / DISCOMFORT AROUND...

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WHAT NEEDS / VALUES OF MINE ARE BEING TOUCHED?.

MY BOUNDARIES FOR PHYSICAL + NON PHYSICAL CONNECTION ARE... / MIGHT BE..

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A LEARNING / GROWTH POINT POINT OF MINE THAT I WANT TO GIVE MORE COMPASSION + AWARENESS TO THIS WEEKEND IS..

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