



#VagEsteemGoals: New Year Reflection Guide!

A guide for better sex, relationships, and
body confidence in 2017

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VAGESTEEM™

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**“At VagEsteem, we want
you to live your
healthiest, most
fulfilling, most
passionate, and most
satisfying life.”**

VAGESTEEM

About VagEsteem

My name is Vanessa and I'm the founder and creator of VagEsteem. VagEsteem started in 2014 as a loud, giggly, courageous space for women. It's also a podcast and that came along in 2016.

I started the VagEsteem podcast, workshop series, and created this guide to encourage women to engage in courageous conversations about sex, love, relationships, sexuality, and everything in between. We don't always have a platform to discuss these issues..



noun | vag·es·teem | vaj·e·steem

VagEsteem™:

1. the concept by which one builds the confidence of/in their vulva and vagina. This confidence leads to a healthy and satisfying sex life.

VAGESTEEM

About VagEsteem

These conversations are either held in private with one other person and shushed from larger society and I wanted to elevate the message that women are amazing, wonderful, complicated, and multi-faceted beings who deserve to be heard and deserve to feel good. I honestly believe that when women feel good about themselves- they take care of themselves, their bodies, their health and put their best interests first.



What better way can we put ourselves first, than by marching into 2017 with #vagesteemgoals to guide us!?

Let's GO!

Why Do I need this Guide?

Too often I hear that women aren't being fulfilled in their sex, self esteem, and love lives and I believe this year is the time to jump start getting what YOU want! Every year on New Years Eve, I reflect on all the things I want coming into the new year. I reflect on my professional, financial, spiritual life, health and even relationships and sex.

After hearing from you and responding to your emails about **lackluster performances in the bedroom, selfish lovers, subpar relationships, unhealthy relationships with ourselves and others**- I thought why not add to our list and add these types of goals to it!? After all, sex, relationships, and our relationship to ourselves is a MAJOR part of who we are right? Why not reboot and reflect on this part of our lives too and set some goals and/or aspirations?

Go on...

At VagEsteem we want you to live your healthiest, most fulfilling, most passionate, and most satisfying life. Planning all of my goals, even down to my relationships is how I am able to hold myself accountable. It's how I can make sure I'm moving towards my deep seeded goals and desires. It how I can look back on the year and tell me that I "didn't waste anytime" with unfulfilling thoughts, experiences, and people.

I believe that time is precious. I believe that you are worth every ounce of happiness and I believe your journey deserves to be amazing. **Use this guide to reflect on your last year and plan for ahead for an invigorating 2017.**



YOU DESERVE IT.

Are you ready?

#VAGESTEEMGOALS

Here's what you'll need:

Journal or laptop

You gotta see it to believe it. Some people like writing and some people like typing! Doesn't matter just get one.

**Favorite color pen or pencil.
I personally love colored gel pens**

About 2 hours.

You can use less time, but sometimes it takes time for us to really sit, be quiet, and reflect on the year.

Quiet space and a comfy area. Give this the space it needs.



Why all of This?

BECAUSE YOU DESERVE IT. NOTHING
IS TOO IDEALISTIC OR UNREALISTIC
FOR YOUR LIFE AND YOUR GOALS!

BE HONEST AND WRITE IT DOWN!

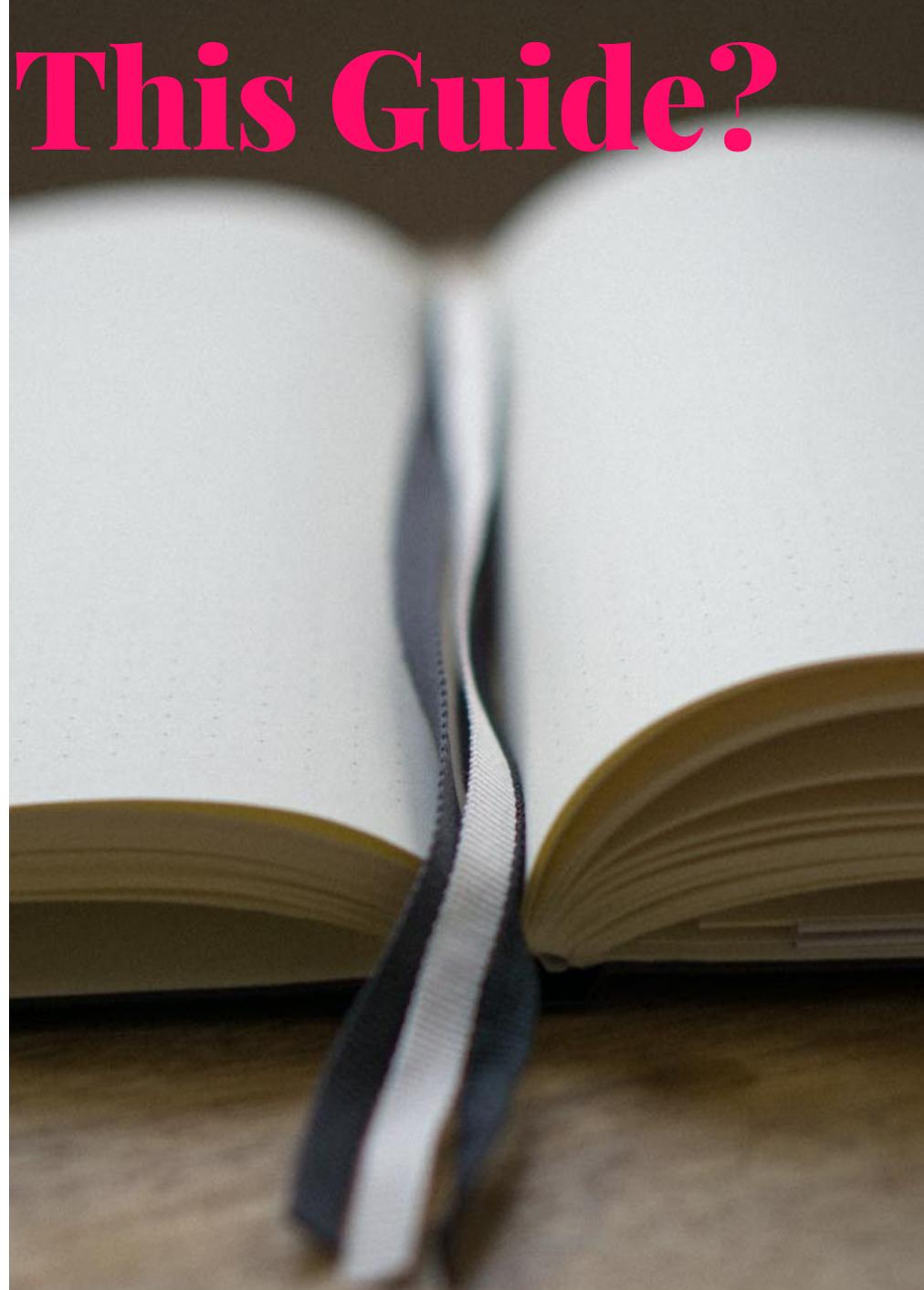


How To Use This Guide?

It's Simple....

Take Your Time.

Take your time, reflect, and fill it out. I'll be asking you to reflect on some major areas in your life. Body Confidence, Sex and Relationships



Body Confidence

1. How did you nourish your relationship to your body last year?
2. How did you build your VagEsteem last year??
3. Did I make the time to stare/look/experience every inch of my body? What did I learn from doing that?

Body Confidence

4. What am I going to stop telling my body this year?
5. Did I care for my vaginal health last year? If not, what can I do to improve?
6. Did I look at my body in shame last year, what feelings does that bring up? How can I rewrite the chapter to body love?

Sex

1. One word to describe the sex I had in 2016...
2. What got in the way of having the best sex in 2016?
3. What was the biggest sex lesson of 2016?
4. Did I have sex for my enjoyment in 2016? Why or why not?

Sex

5. What new tips and tricks did I learn in the bedroom in 2016?

6. What can I do to better communicate my sex needs in 2017?

7. Did I take care of sexual health last year? How can I practice safer sex?

Relationships

1. A sentence to describe my intimate relationships last year....
2. What was fulfilling or unfulfilling about my intimate relationships last year?
3. What was the most valuable relationship lesson I learned last year?

Relationships

4. What relationships should I end in 2017? What's good or bad about it? Why am I still there?

5. What are you looking for in a healthy, satisfying, stress free relationship in 2017?

Stop. Reflect.

How was that?



What feelings did that bring up for you?



What were the major lessons/themes?



Are you ready to move forward in 2017?

Part Two

The next part of this reflection guide is our plan for 2017. If you need to take a break and reflect on 2016- the highs and the low. Go ahead and get a glass of water, breathe, and get ready to walk in 2017!

It's your year. You can always start fresh and whatever you say goes! **So write it down.** There is nothing too big or too small. You can do whatever you want.



Body Confidence

1. How will I nourish my body in 2017?

2. I will devote _____ minutes a day to admiring my body...

3. What will I do to build my VagEsteem in 2017?

4. What part(s) of my body will I start admiring and not criticizing?

Sex

1. What are some new things I want to try in the bedroom in 2017?
2. What phrase describes the kind of sex I want to experience in 2017?
3. How can I let bad sex go? How can I speak up and advocate for myself in the bedroom in 2017?

Sex

4. How will I take control of my pleasure in 2017?

5. Create a sex bucket list. What are you checking off in 2017?

Relationships

1. Six words to describe my ideal relationship (focus on relationship characteristics, not physical characteristic of perfect partner).
2. What am I bringing to the table in 2017? How am I improving myself for my ideal relationship?
3. What type of relationship do I want in 2017?
4. What intimate relationships do I need to end in 2017?



**How was that?
How did it feel to
write down your
goals for 2017?**

#VAGESTEEMGOALS

What Now?

You will go ahead and do it!

Grab an accountability partner to help keep you on track.

And remember, I'm here for you too!

If you need an accountability partner, or if you'd like to share goals, use the hashtag **#vagesteemgoals** to share your journey and your tips!

More?

Subscribe to the VagEsteem podcast.

Twice a month, I share tips on building your VagEsteem with the help of other amazing women.

Our guests on the VagEsteem Podcast talk about everything sex, love, and everything in between. Don't miss out in 2017! **Subscribe and download today.**

More?

Sign up for the mailing list!

I don't send many emails, but you'll know when there's a workshop coming.

There's always refreshments, amazing conversations, and the answers to the questions you always wanted answered!

More?

Need some advice?

Send me an email and we'll chat at vagesteem@gmail.com

Have a happy and productive year, full of VagEsteem! I can't wait to see you get bigger and better this year!

Cheers to You!