

BUILD YOUR
SEXUAL TEMPLATE
WORKBOOK



A Workbook to Understand What You
Want, Need, and Deserve

Created By April Maria



HELLO THERE!

Hi, I'm April, a Psychosexual & Relationships Therapist, Certified Sex Educator and an Embodied Intimacy Coach with a background in sexual health and wellness. I specialise in helping individuals and couples reconnect with their bodies and intimacy, blending creativity with practical exercises and psychosexual education. My passion is guiding people to discover self-love and confidence, empowering them to fully embrace their authentic, sexy selves.

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Where Are You At Now?

Before we dive into building your unique sexual template, take a moment to check in with where you're at right now.

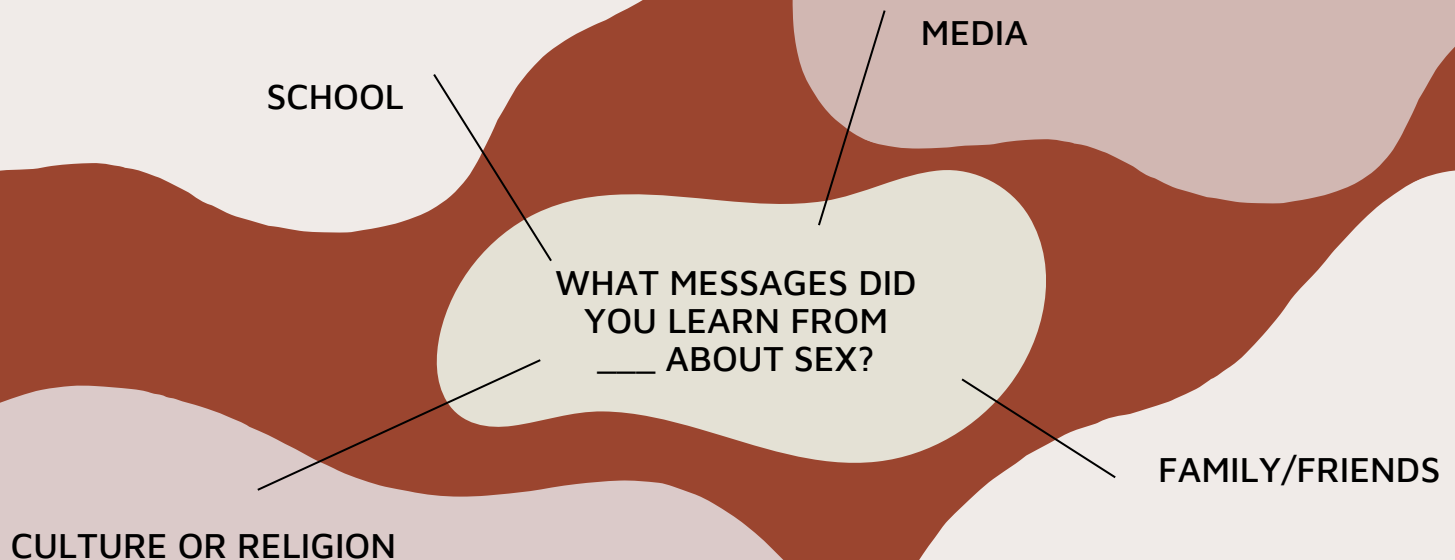
This page is a space for honesty, no pressure, no expectations, just you and your truth. How do you currently feel about sex, intimacy, and your relationship with your body? What feels good? What feels confusing, frustrating, or disconnected? What do you hope to explore, shift, or understand more deeply?

- How do you feel in your sexual self today?
- What are you curious to explore or understand?
- Any goals or desires you have for this workbook?

Your Early Messages Around Sex

Before we can fully embrace our desires, it's helpful to reflect on the messages we first received about sex, pleasure, and relationships. These early influences, whether from family, school, culture, religion, or media, often shape how we think and feel about intimacy today, sometimes without us even realising it.

This page invites you to gently explore those early messages, not to judge or dwell, but to better understand what you've absorbed.



Naming Your Values

The way we approach sex and relationships is often guided by our core values – whether we're aware of them or not. Getting clear on what matters most to you can help you make decisions, set boundaries, and feel more aligned in your intimate life.

Take a moment to read through this list. Circle or highlight the words that resonate with you. Then, choose the three values that feel most true for you right now.

Trust

Exploration

Safety

Freedom

Respect

Vulnerability

Intimacy

Pleasure

Emotional connection

Communication

Playfulness

Slowness

Honesty

Compassion

Privacy

Creativity

Curiosity

Presence

Passion

Boundaries

Growth

Consent

Affection

Autonomy

Adventure

Tenderness

Self-expression

Belonging

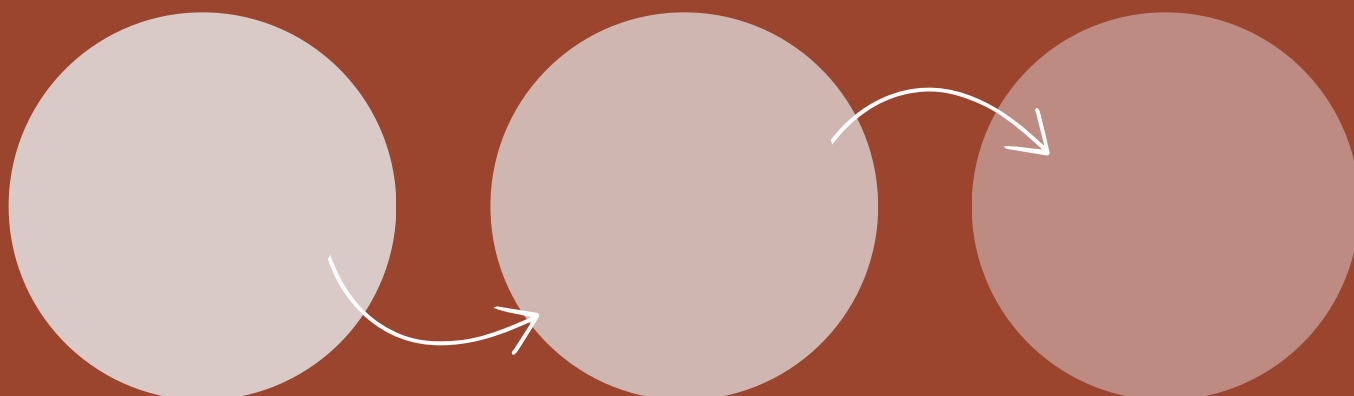
Non-judgement

Mutual care

Empowerment

Security

Equality



What Turns You On?

Let's start exploring what brings you pleasure, not in theory, but in practice. This page invites you to get curious about the kinds of touch, tone, pace, power dynamics, and fantasy themes that feel exciting, comforting, or arousing for you.

You don't need to have all the answers right now.

WHAT DO I NEED IN ORDER TO FEEL READY TO ACCESS PLEASURE?

WHAT KIND OF TOUCH DO I ENJOY? (E.G. SOFT, ROUGH, SLOW, FIRM, DEEP)

WHAT AREAS OF MY BODY DO I ENJOY BEING TOUCHED, KISSED OR STROKED?

ARE THERE ANY FANTASY THEMES THAT I FIND EXCITING OR INTRIGUING?

What Turns You Off?

While exploring what turns you on is essential, understanding what turns you off is just as important. Noticing what makes you feel uncomfortable, disconnected, tense, or pressured can help you set clearer boundaries, communicate more confidently, and avoid situations that take you out of your body or your pleasure.

Your 'no' is just as valid as your 'yes'.

WHAT KINDS OF TOUCH OR PRESSURE MAKE ME TENSE UP, FLINCH, OR FREEZE?

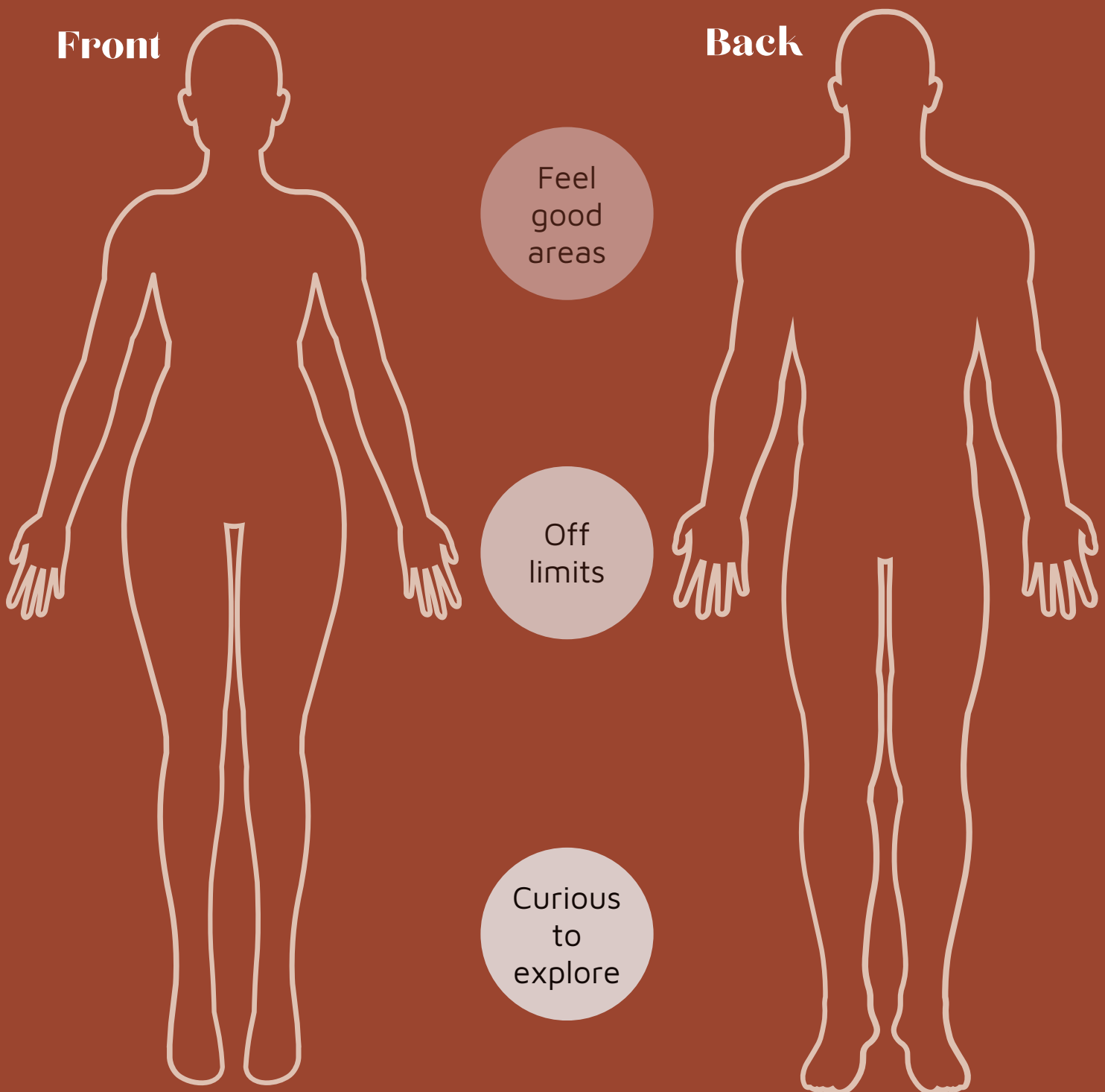
ARE THERE THINGS I'VE TRIED BEFORE THAT I'M CERTAIN I DON'T WANT TO REPEAT?

WHAT ARE MY CURRENT HARD BOUNDARIES – THINGS I DEFINITELY DON'T WANT TO ENGAGE IN?

WHEN DO I FEEL LIKE I'M PERFORMING RATHER THAN BEING PRESENT?

Body Mapping

Your body holds so much wisdom, and tuning into it can help you better understand what feels good, where tension sits, and how pleasure moves through you. This exercise invites you to explore your physical sensations, preferences, and boundaries gently. Use the diagram below to draw lines to the areas you know you feel pleasure in, areas that are off limits and any areas you are curious to explore further.



YES, NO, MAYBE LIST

Think of your Yes, No, Maybe list as a living document that helps you communicate clearly, explore safely, and stay grounded in your own needs.

Yes: Things that feel exciting, safe, or pleasurable

No: Things that don't feel right for you right now

Maybe: Things you're unsure about/curious to try.

	Y	N	M		Y	N	M
Rabbit Wand	☐	☐	☐	Watching Porn	☐	☐	☐
Butt Plug	☐	☐	☐	Sex Party	☐	☐	☐
Paddel	☐	☐	☐	Threesome	☐	☐	☐
Hand Cuffs	☐	☐	☐	Edging	☐	☐	☐
Strap On	☐	☐	☐	Group Sex	☐	☐	☐
Nipple Suction	☐	☐	☐	Strip Tease	☐	☐	☐
Penis Ring	☐	☐	☐	Handcuff	☐	☐	☐
Vibrating Pants	☐	☐	☐	Period Sex	☐	☐	☐
Sucking Vibrators	☐	☐	☐	Spanking	☐	☐	☐
Glass & Metal toys	☐	☐	☐	Temperature Play	☐	☐	☐
Electro Play	☐	☐	☐	Couples Massage	☐	☐	☐
Pussy Pump	☐	☐	☐	Hot Wax	☐	☐	☐
Penis Pump	☐	☐	☐	Lingerie	☐	☐	☐
Flesh Light	☐	☐	☐	Shibari	☐	☐	☐
Dual Stimulator	☐	☐	☐	Food Play	☐	☐	☐
Anal Beads	☐	☐	☐	Role Play	☐	☐	☐
Kegel Balls	☐	☐	☐	Sex Positions	☐	☐	☐
Sex Machine	☐	☐	☐	Shower Sex	☐	☐	☐
.....	☐	☐	☐		☐	☐	☐
.....	☐	☐	☐		☐	☐	☐

Your Evolving Template

As you've worked through this guide, you've explored where you are, what shaped you, what lights you up, what dims your spark, and what helps you feel safe, seen, and satisfied. That in itself is powerful.

This final page is your reminder that there's no fixed destination when it comes to your sexual self. Your desires, needs, and boundaries may shift, and that's not just okay, it's expected. Life changes, relationships evolve, bodies grow, and so do you.

Your sexual template is not a set of rules; it's a living, breathing map that you get to revise as often as you like. You're allowed to change your mind. You're allowed to grow out of old versions of yourself. And you're allowed to discover new layers of what brings you joy.

Use the space below to check in with where you're at right now. Think of it as a snapshot, not a final draft.

Keep this page somewhere you can return to. You might be surprised by how your answers shift and how much more permission you give yourself each time.

Right now, I desire...

(What are you craving – physically, emotionally, sensually?)

I want to explore...

(Are there parts of yourself or your pleasure you're curious about?)

I feel safe when...

What people, settings, words or behaviours create a sense of security?)

I'm learning that...

(This could be a new insight about yourself, your desires, your boundaries, or how you relate to intimacy.)

LET'S WORK TOGETHER

Your sexual journey is deeply personal, a powerful unfolding of self-discovery, healing, and pleasure. If you're feeling the pull to go deeper, to reconnect with your desires, or to explore intimacy and wellbeing with more clarity and confidence, my 1:1 coaching sessions are here to support you.

Whether you're navigating this journey solo or with a partner, we'll create a space rooted in curiosity, compassion, and honest exploration. Together, we'll gently uncover the layers of your unique story and move towards the version of you that feels fully seen, empowered, and sexually well.

You don't have to do it alone.

Head to my website to book a free discovery call.

