



Moan your own name



Watch yourself do it.
Mirror or video? Up to you



Tie yourself up



Masturbate in a room
you've never done it in



Put some ice on
your nipples



Slow down. Tease yourself
for an hour before reaching
that sweet release



Put on a masturbation
playlist



Masturbate as many times
as you can in a day



Time yourself and see
how fast you can cum



Fuck yourself on the
dinner table



Write a list of the parts
you love the most about
your body



Make an artsy painting
of your private parts.
Freehand or tracing
is up to you ;)



Get some massage
oil and give yourself
a hot massage



Stare into your own
eyes for 1 minute



Give yourself a
compliment



Court yourself with
some flowers



Write yourself a
love note



Netflix and chill,
with yourself



Buy yourself some
sexy underwear for your
self love sesh



Undress yourself in
front of a mirror



Cook yourself the sexiest
meal you can think of



Write a spicy sex novel
about yourself



Send yourself
a sext



Take a nude –
for your eyes only



Treat yourself to
a new sex toy



Trim/grow your bush in a
way that turns YOU on



Listen to an erotic
audiobook