

101 Nights of Great Sex

by Laura Corn

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

01 Plan This Week's Secret

Choose a night this week. Write a sealed invitation with date, time, and a teasing hint of what to expect. Leave it somewhere they'll find it. Let the anticipation build.

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02 The Morning Text

Send a text first thing: 'Tonight is going to be special. Wear something comfortable... or nothing at all.' Then don't mention it again. Let them wonder all day.

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03 Set the Scene

Clean the bedroom. Dim the lights. Have music ready. Light a candle. Make the space feel different from your usual routine. Preparation is seduction.

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04 Take Turns

You plan this week's experience. Your partner plans next week's. One person creates, the other surrenders. The alternation builds trust and keeps it fresh.

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05 Start Small

Don't plan a marathon. Plan one focused hour of connection with no distractions. No phones. No TV. Just the two of you and the experience you've created.