

*YOUR
SEXIEST
YOU
YET*

*THE
COMPANION DIARY*



Darling,

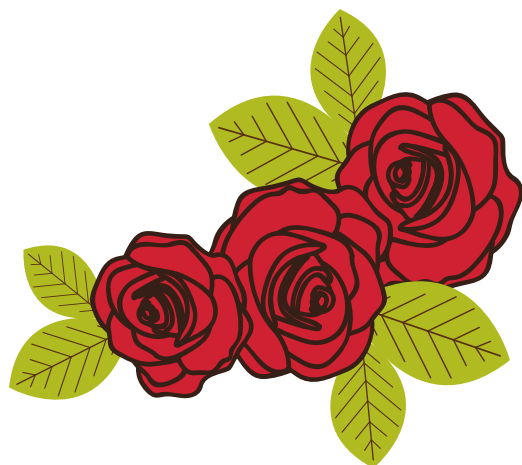
This modest diary was made to help further your journey towards your sexiest you yet.

You can print it out or add annotations on it via a PDF reader. Or, you can simply use it as inspiration for your own journal.

I would love to know how you are applying the concepts from the book, and if you willing to share please do! Send your insights my way : me@sexypillows.com

With so much love,

Olivea Lei

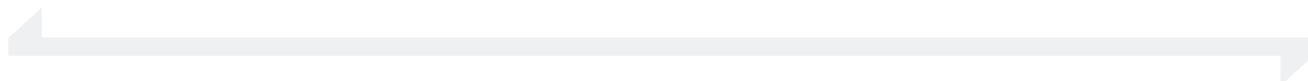




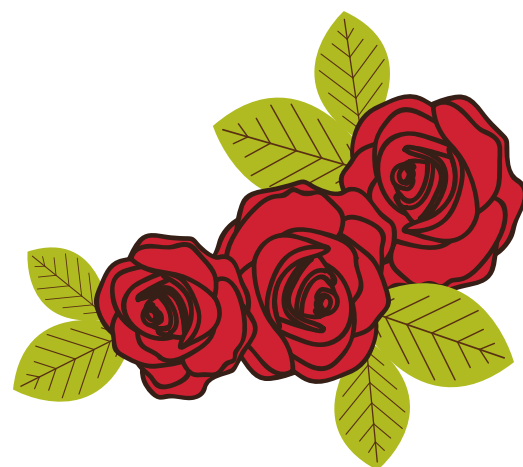
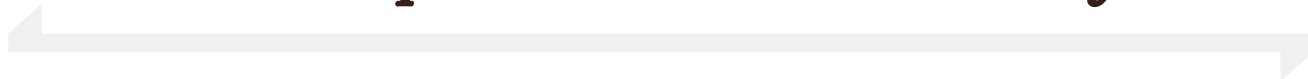
I. Felicity

Exploring the unknown...

Reflections



I will tap into the unknown by...

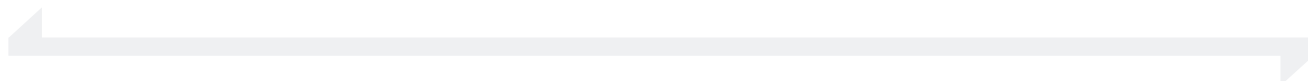




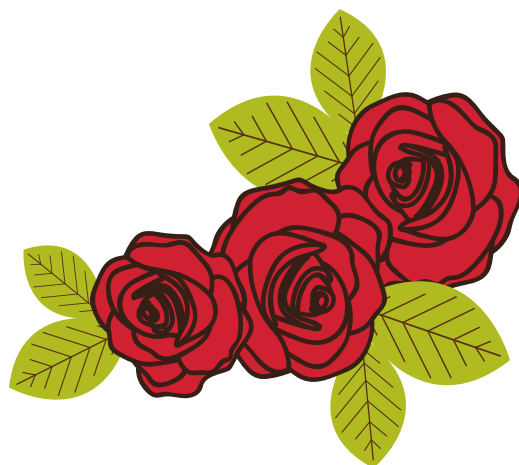
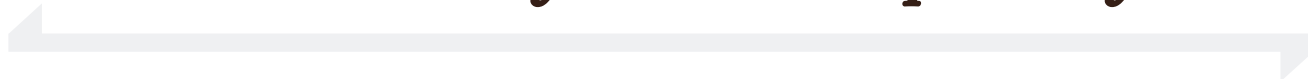
II. Eva

Creative Inspiration...

Reflections



I will feed my creative spirit by...

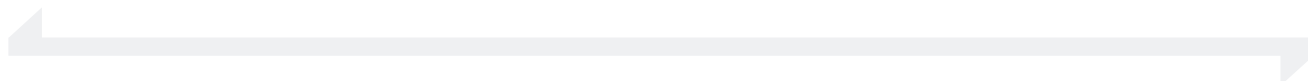




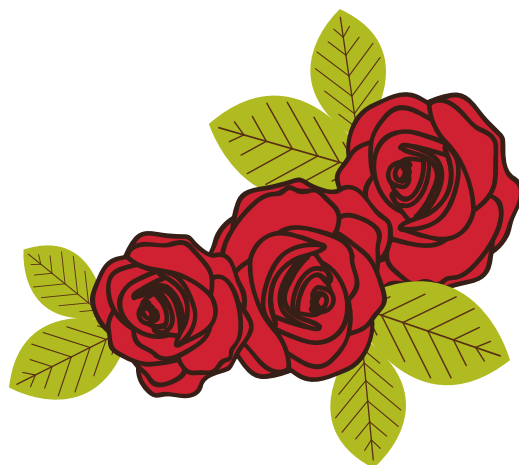
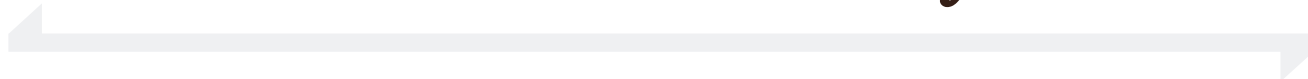
III. Maya

My Confidence is Key...

Reflections



I will be confident by...

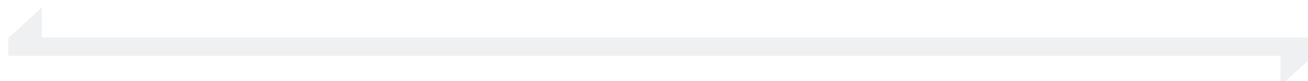




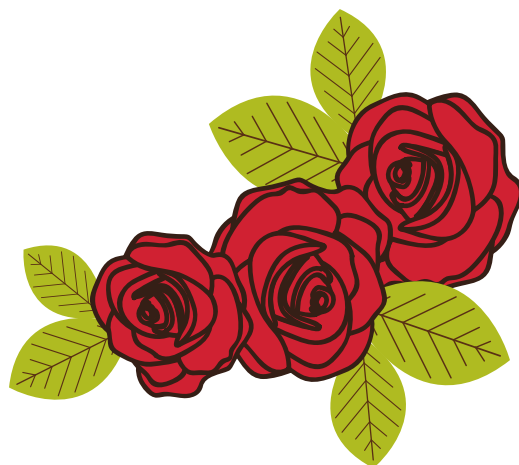
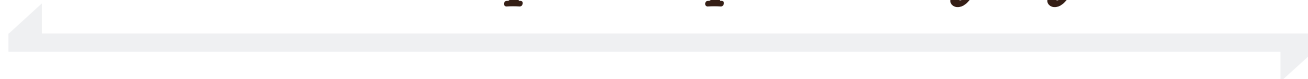
IV. Olivea

Sumptuous Slumber...

Reflections



I will Sleep Sumptuously by...

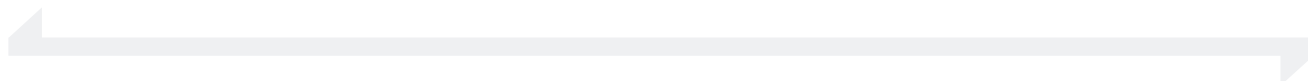




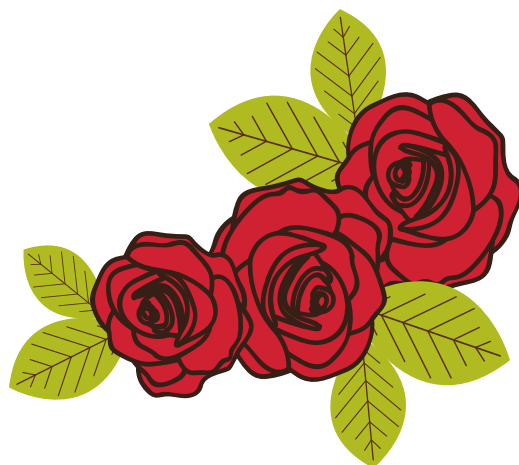
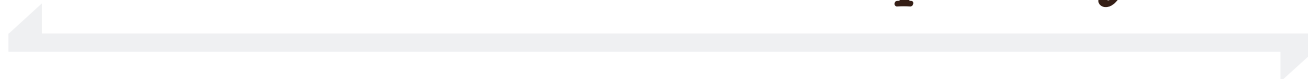
V. Vivienne

Cleanliness is Goddessness...

Reflections



I will thrive in a clean space by...



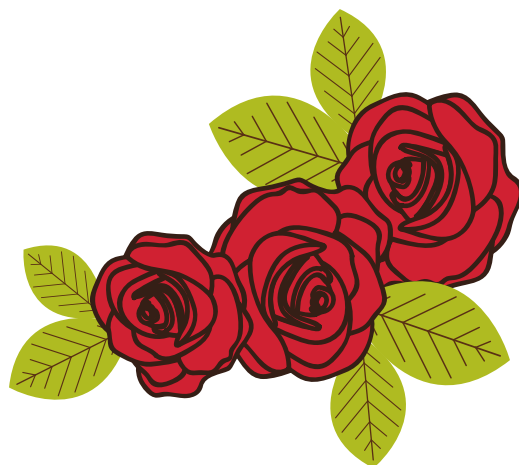


VII. Belinda

The Nutritious and Delicious...

Reflections

I will feast upon the divine by...

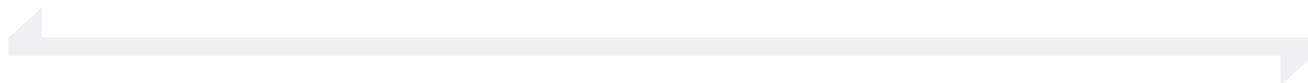




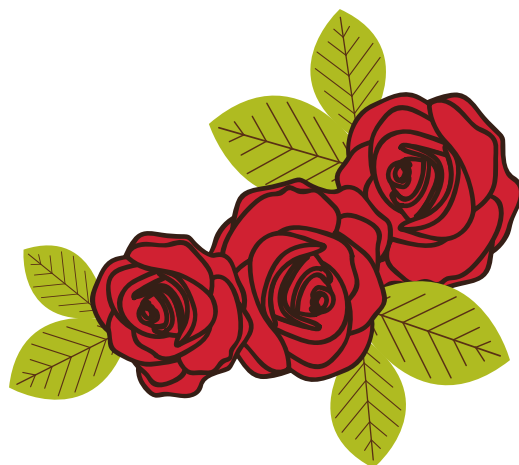
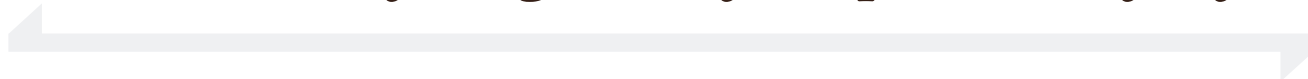
VI. Lily

Shifting Negativity to Positivity...

Reflections



I will shift my negativity to positivity by...

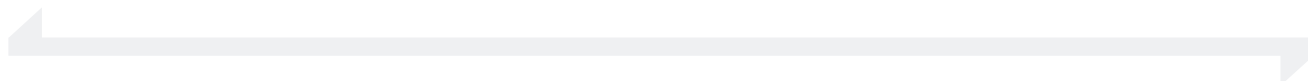




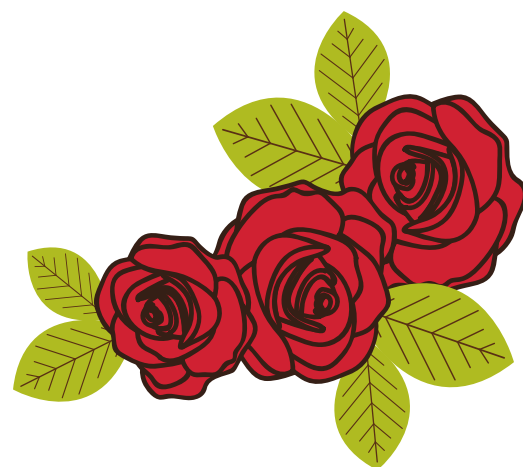
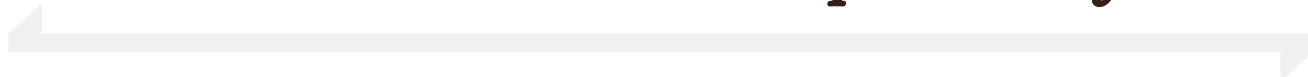
VIII. Gabriella

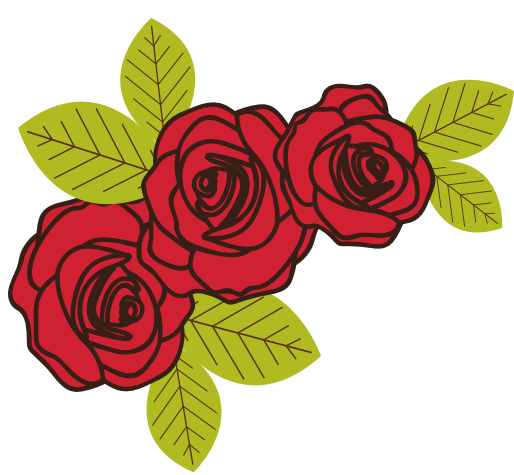
Relaxation, My Medication...

Reflections



I will relax and recouperate by...

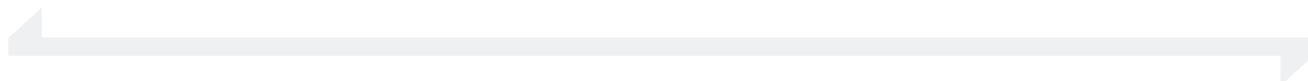




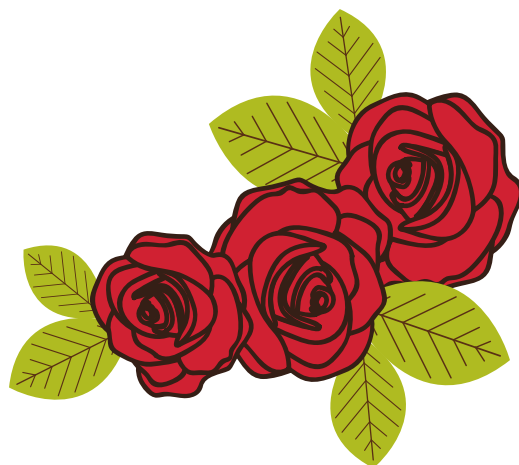
IX. Sasha

Logging Off...

Reflections



I will log off by...

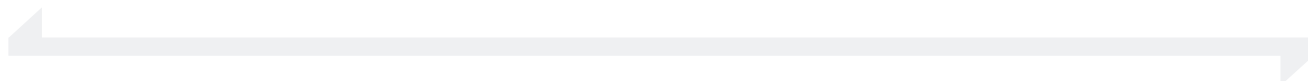




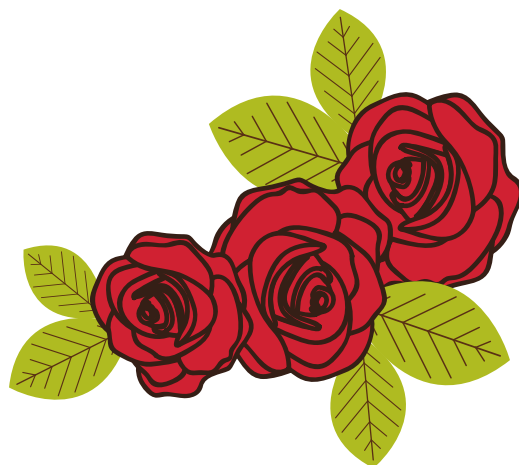
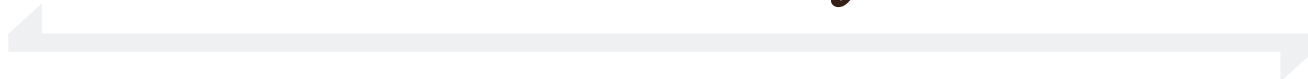
X. Nisha

Sweat, Sweat, Sweating...

Reflections



I will sweat by...

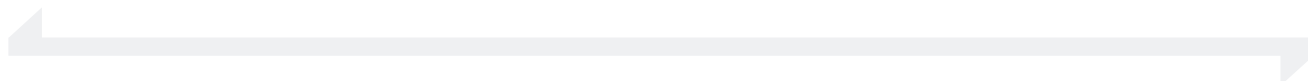




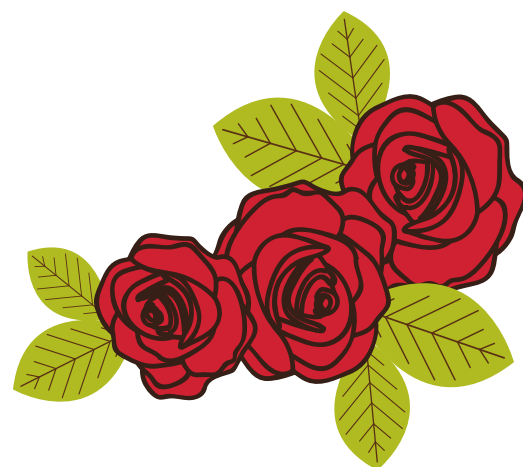
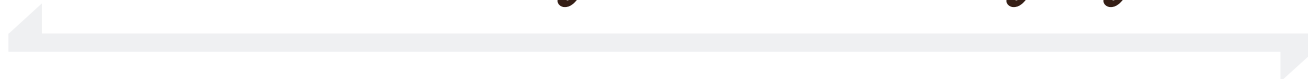
XI. Angelique

***Soothing My Troubles in the
Bubbles...***

Reflections



I will wash my worries away by...



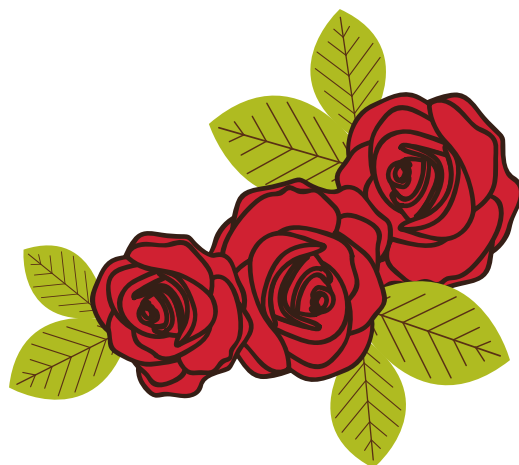


XII. Jozette

The Briefs Beneath It All...

Reflections

I will dress it all up underneath by...

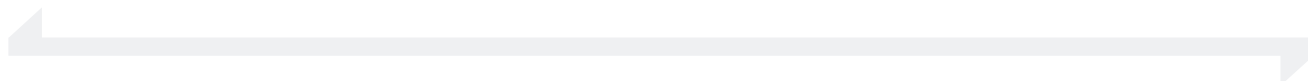




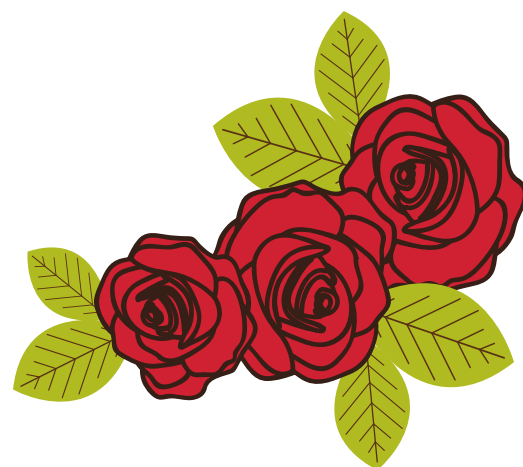
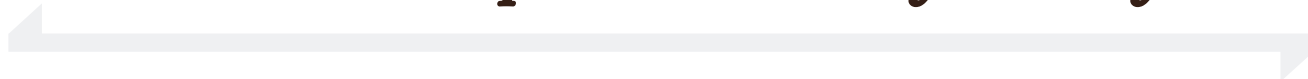
XIII. Penny

Peace Over Panic...

Reflections



I will invite peace into my life by...

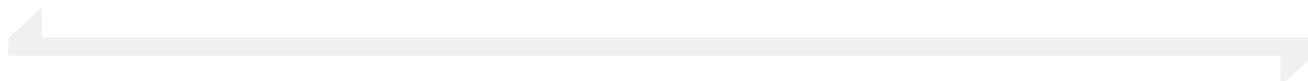




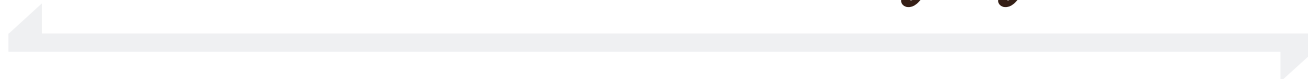
XIV. Tara

Lavish Breath...

Reflections



I will breathe lavishly by...

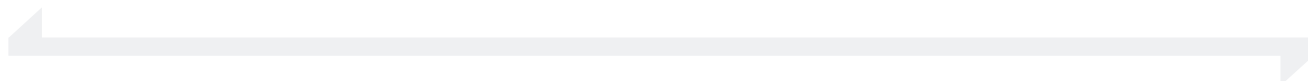




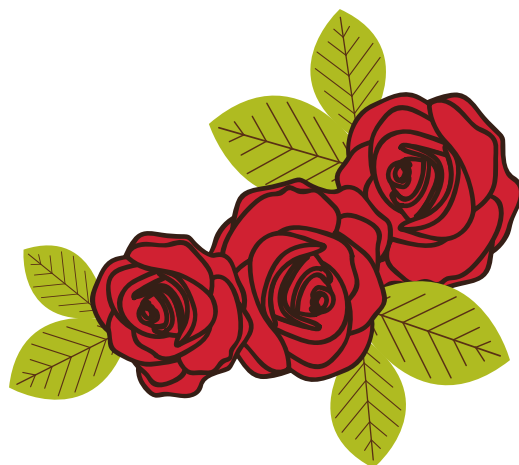
XV. Selena

Moving and Grooving..

Reflections



I will move and groove by...

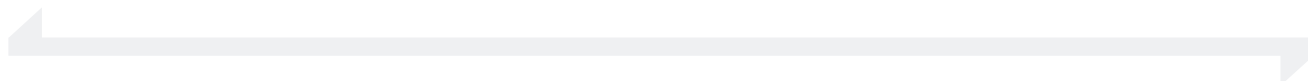




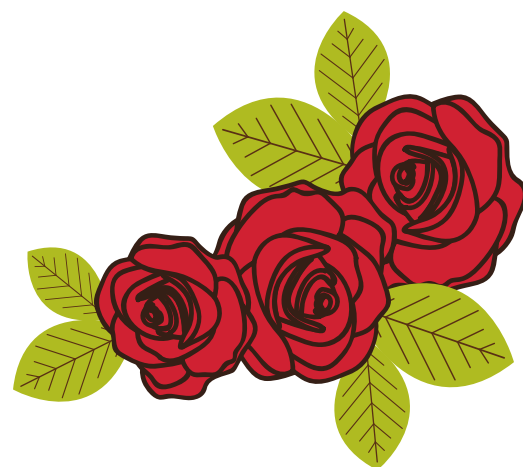
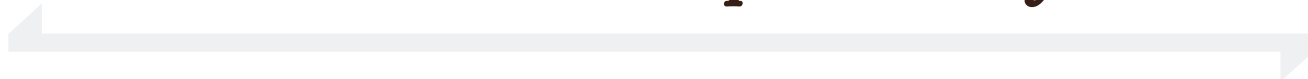
XVI. Zoey

Avoiding Comparison...

Reflections



I will avoid comparison by...

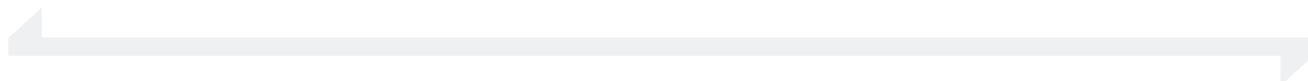




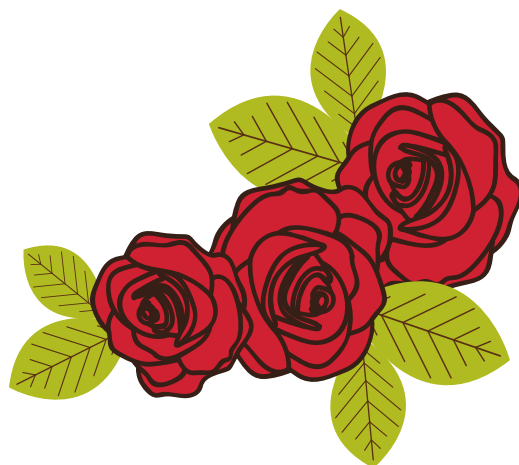
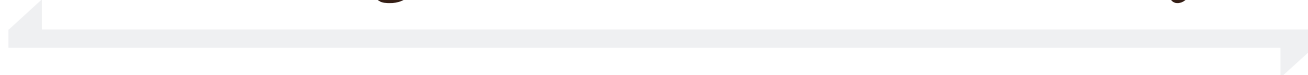
XVII. Fiona

Mingling with Mother Nature...

Reflections



I will mingle with Mother Nature by...



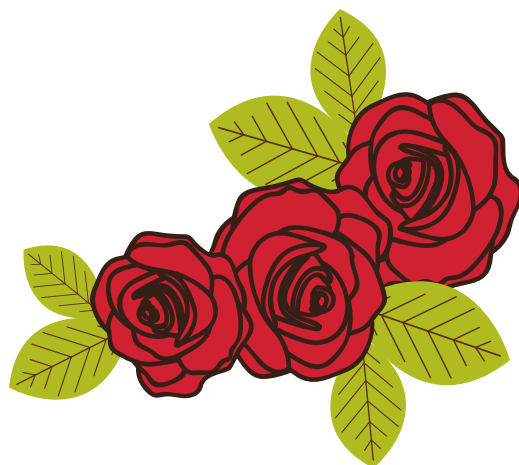


XVIII. Savannah

Bewitching Body Language...

Reflections

I will explore my body language by...

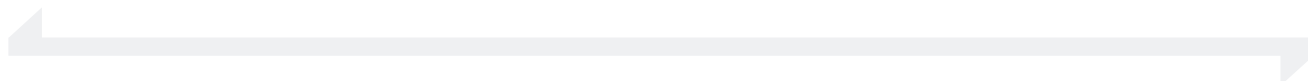




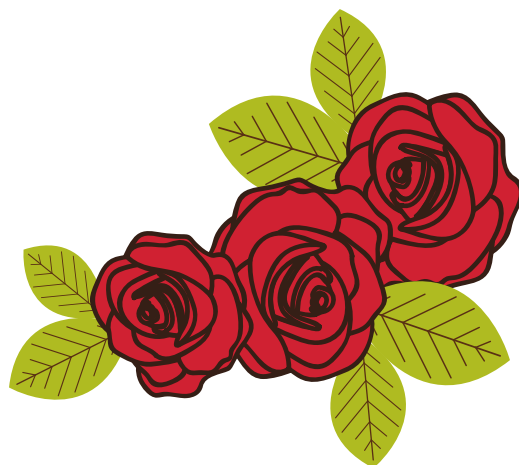
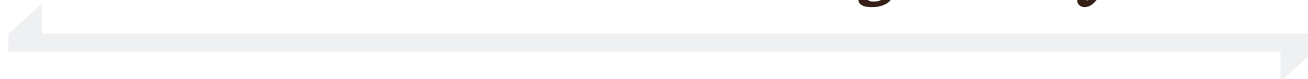
XIX. Stella

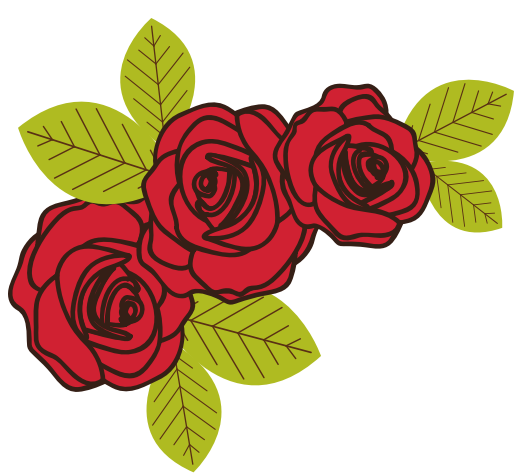
Watching Something Hot...

Reflections



I will watch something hot by...

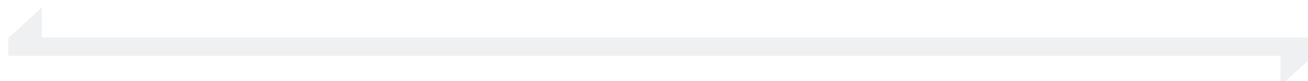




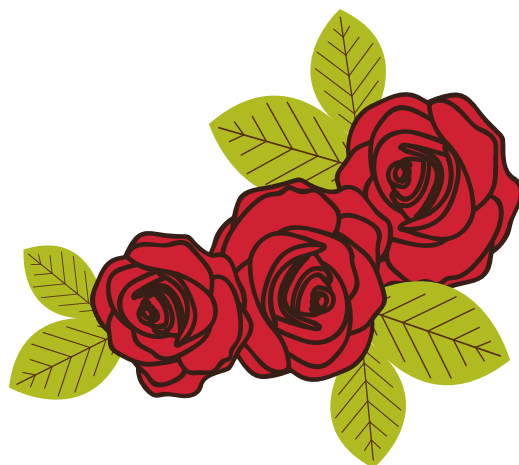
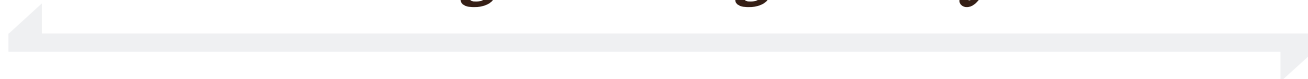
I. Misty

Going Incognito...

Reflections



I will go incongnito by...





XXI. Sage

Seductive Scents...

Reflections

I will invite seductive scents into my life by ...

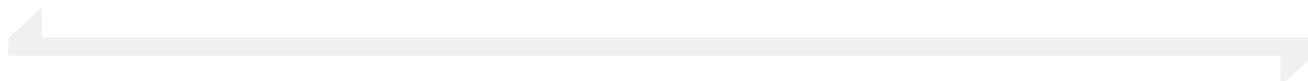




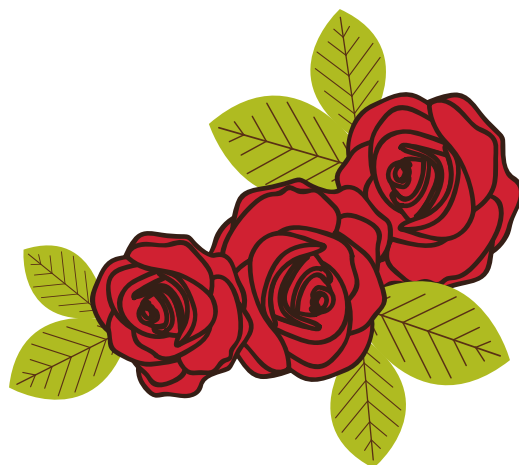
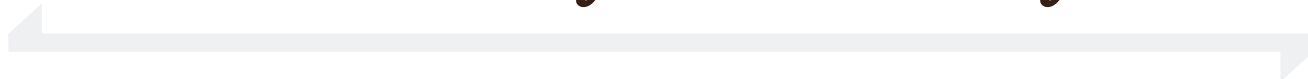
XXII. Jasmine

Bountiful Abundance...

Reflections



I will feel my abundance by...

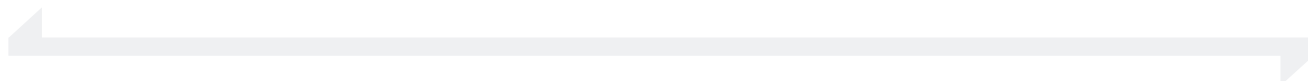




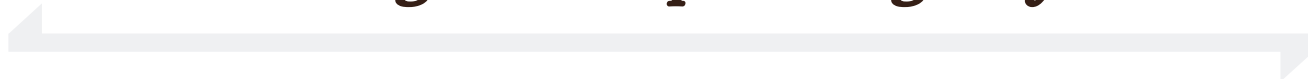
XXIII. Lana

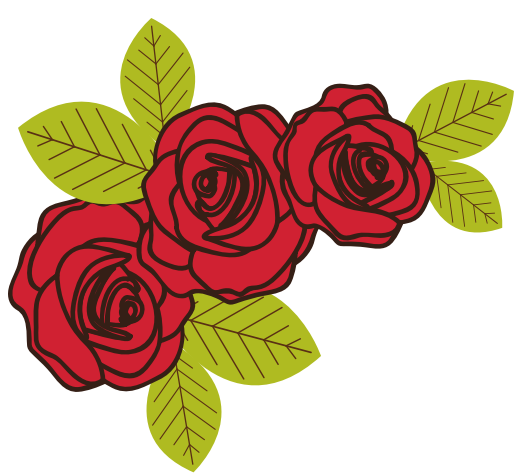
Goody, Goody, Goodness...

Reflections



I will get a helpers high by...

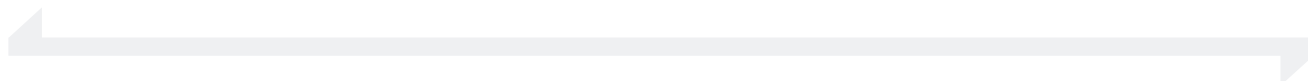




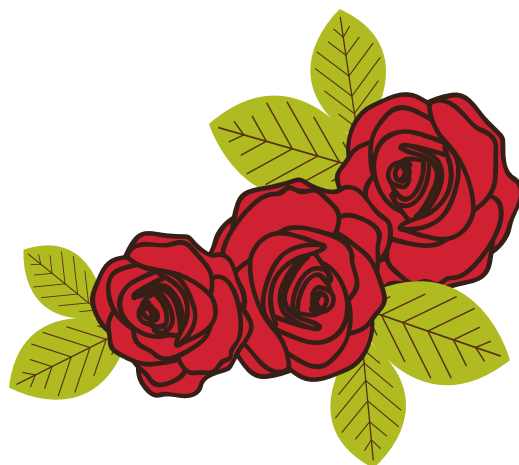
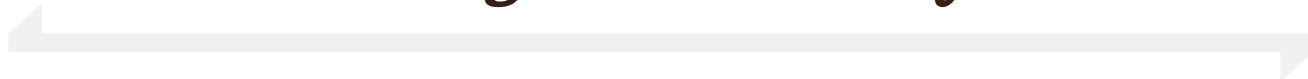
XXIV. Tatiana

Tantalizing Touch...

Reflections



I will get the feels by...

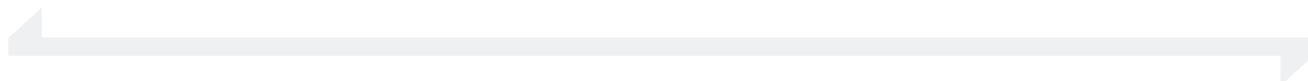




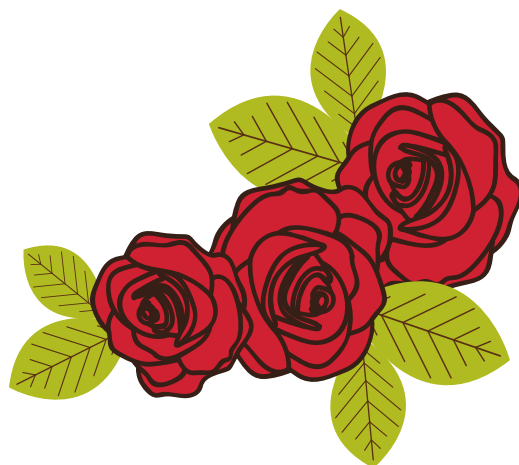
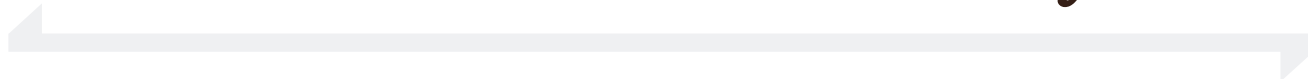
XXV. Delphina

***Unveiling the Body Beneath the
Buttons...***

Reflections



I will revel in the buttons by...

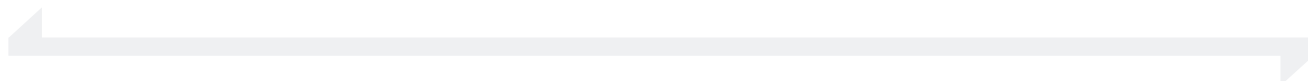




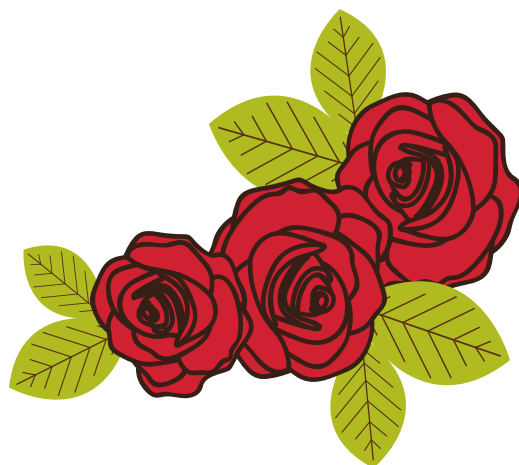
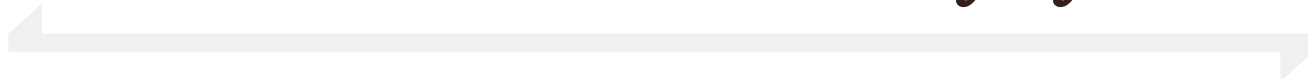
XXVI. Bridgette

Rubbing and Scrubbing...

Reflections



I will rub and scrub away by...





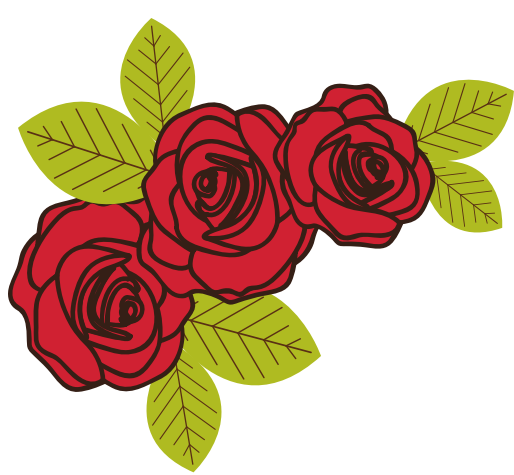
XXVII. Amber

Luscious Illumination

Reflections

I will light up luscious illumination by...





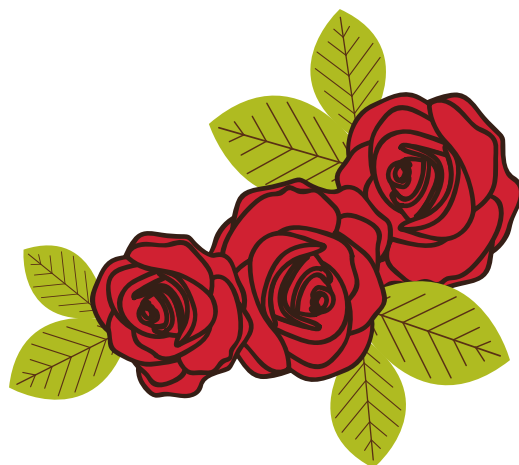
XXVIII. Nina

Flirty Foot Rubs...

Reflections



I will fondle my footies by...

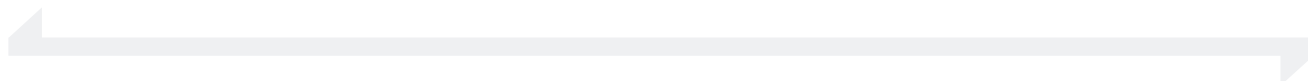




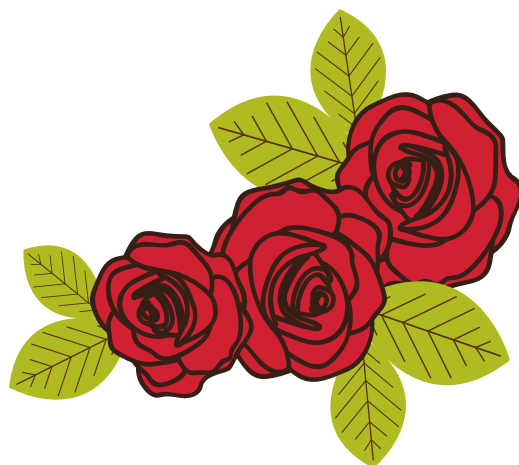
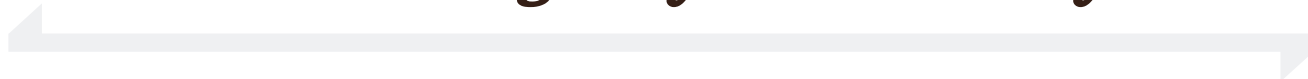
XXIX. Yahla

Bold, Balanced Ambition...

Reflections



I will indulge my ambition by...

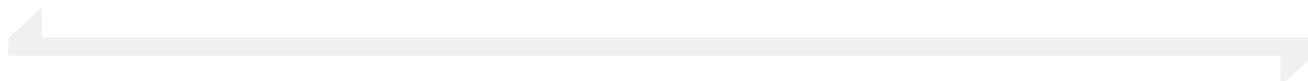




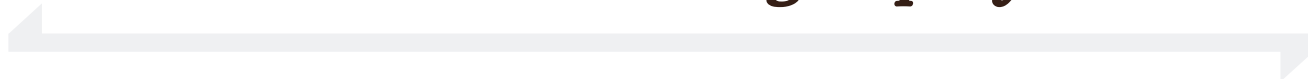
XXX. Racey Lacey

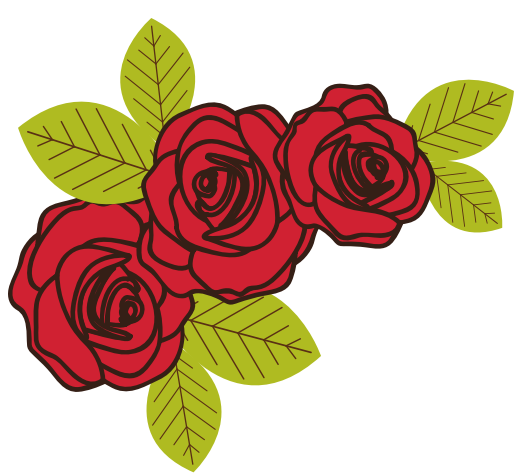
Shaking Things Up...

Reflections



I will shake things up by...

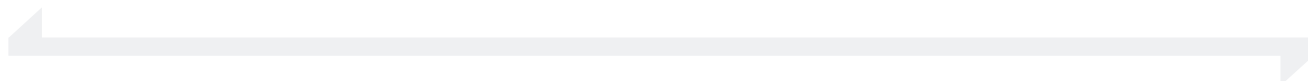




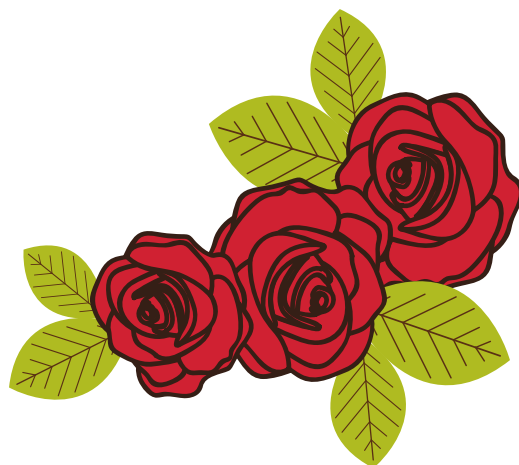
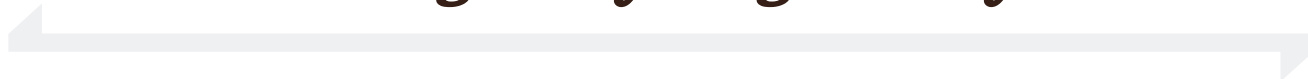
XXXI. Shanti

Tantric Yoga...

Reflections



I will get my Yoga on by...

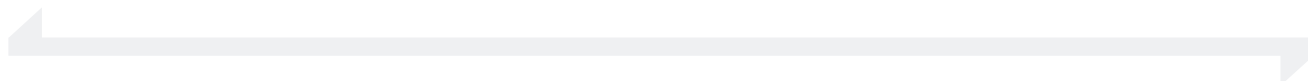




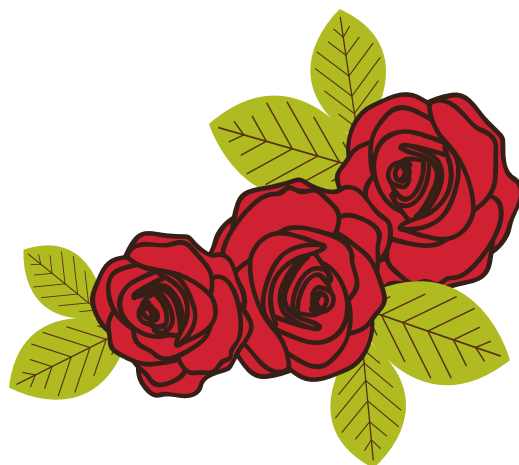
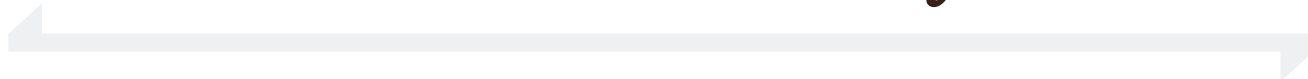
XXXII. Sunny

Blissed and Sun-Kissed

Reflections



I will feel the sun by...



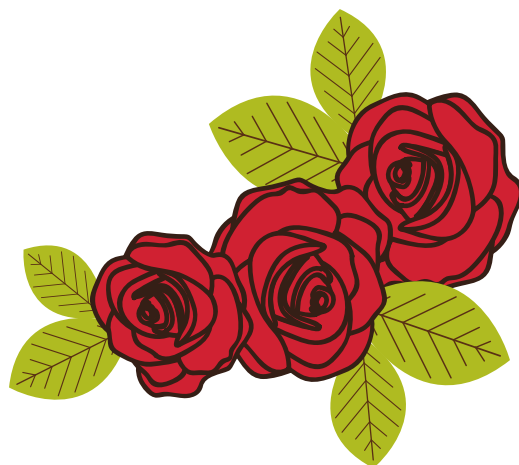


XXXIII. Sabrina

Love Letters from Me to Me...

Reflections

I will send myself sweet nothings by...

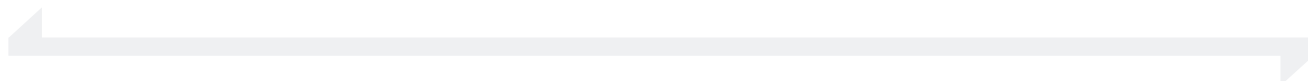




XXXIV. Ivy

Dream Chasing...

Reflections



I will chase my dreams by...

