



Worksheet: Discovering Your Femdom Preferences Support for

“What Do You Really Want?”

Step 1: Your Vision Goal: *Begin by imagining your ideal Femdom dynamic without limits or pressure. Imagining Your Perfect Scenario: Have you ever stopped to imagine what your ideal Femdom dynamic looks like, free from any external pressures? It's an exciting thought! Visualizing these dynamics allows us to tap into our desires, exploring them in a safe, fulfilling framework. Whether you're drawn to the idea of power exchanges, strict etiquette, or nurturing guidance, understanding your fantasy can help pave the way for vivid experiences.*

What Excites You Most? As a Domme, each facet of your role can evoke different feelings of excitement. Perhaps it's the anticipation of control, the thrill of leading someone on a journey of submission, or the joy of seeing your partner embrace their own desires. Whatever it may be, orienting yourself around these passions can supercharge your dynamic. Remember, the heart of Femdom is rooted in mutual satisfaction and discovery.

Describe what excites you most about being a Domme:

What kind of energy do you want to bring as a Domme?

☐ Strict ☐ Authoritative ☐ Demanding ☐ Playful ☐ Sensual ☐ Mysterious

Other:

How do you imagine your ideal interaction with a submissive?

Short scene, online-only, part-time real-life play, or full lifestyle:

Why does this feel appealing to you?

Step 2: Sorting Fantasy from Reality Goal: *Separate what excites you in theory*

Life is full of dreams and fantasies. We often envision a more exciting future, filled with adventures and success. However, distinguishing between those captivating dreams and feasible goals is essential in turning our aspirations into reality. Sorting fantasy from reality can help you identify what truly excites you and gauge how you can act on those dreams.

Identifying Exciting Yet Achievable Goals: Take a moment to list down your dreams. Which of these fantasies make your heart race with excitement? Once identified, evaluate each idea to determine if it can be realistically pursued. For example, if your dream is to travel the world, consider how you can begin planning a trip within practical limitations like budget and time.

Creating a Plan of Action : After recognizing the fantasies that resonate with you, it's time to formulate a plan. Break down these dreams into actionable steps. Set milestones that guide you from the theoretical aspects of your fantasies towards tangible achievements. This plan will act as a road map, helping you stay focused on your goals without getting lost in the allure of fantasy.

Conclusion: Dream Big, Plan Smart : Sorting fantasy from reality is not about squashing your dreams but about refining them. By distinguishing what excites you in theory from what you can actually do, you empower yourself to chase those dreams with clarity and purpose. Embrace your aspirations, but don't forget to put in the work. Start today, and watch your dreams slowly turn into your reality!

List three fantasies or ideas that appeal to you most:

Next to each, write whether it is:

- Something you'd like to try soon
 - Something you're curious about but not ready for
 - Something you're only interested in imagining
3. Reflect: Are there any fantasies that seem fun but feel unrealistic in your current life?

Step 3: Your Engagement Level Goal: *Clarify how much of your life you want Femdom to take up. Finding the Right Balance in Your Femdom Journey*

When delving into the world of Femdom, it's essential to clarify how much of your life you want this experience to encompass. Many enthusiasts find that setting boundaries leads to a more fulfilling journey. Whether you're just starting or looking to deepen your involvement, understanding your engagement level is key.

Assessing Your Lifestyle Preferences: Your lifestyle plays a significant role in how you incorporate Femdom into your daily routine. Take some time to reflect on your current commitments and hobbies. This assessment helps gauge how much time and energy you can realistically devote to Femdom practices. Remember, it's about quality, not quantity. Even short, intentional sessions can be incredibly rewarding.

TICK the option that most appeals to you:

- ☐ Scene Play (occasional sessions) ☐ Online Play Only
- ☐ Part-Time Real-Life Play ☐ Lifestyle / 24-7

Why does this feel like the right choice for now?

Step 4: Domme Wishlist Goal: *Create a working list to guide your choices and future interactions.*

Non-Negotiables – What must exist for you to feel respected and safe?

Curiosities – What would you like to explore?

Boundaries – What are you not interested in or not ready for?

Step 5: Reflection Questions Goal: *Help solidify your clarity and self-awareness.*

Which part of your wish list excites you most right now?

Which area feels most uncertain, and how might you explore it safely?

After completing this worksheet, how confident do you feel in describing your Femdom goals?

☐ Not confident ☐ Somewhat confident ☐ Very confident

What could make you more confident?
