

He Comes Next

by Ian Kerner

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 **Ask the Preference Question Early**

Before the moment has momentum, ask one direct, low-pressure question: 'What would feel especially good or easy tonight?' Then let the answer shape the pace.

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⁰² **Slow the First Ten Minutes**

Treat the opening as trust-building, not a countdown. Lower the tempo, remove pressure, and notice whether relaxation is increasing before escalating anything.

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⁰³ **Study Anatomy Without Ego**

Learn the basics of female pleasure as shared literacy, not as a secret move. Bring humility, not performance energy, to what you discover.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Make Feedback Easy to Give**

Invite edits with language that protects safety: 'More like this or different?' 'Slower?' 'Should I stay here?' Keep your response warm and unoffended.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Debrief Tenderly Afterward**

Later, ask what felt connected, what felt rushed, and what should be repeated. Keep it curious and brief so honesty feels rewarding, not clinical.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Retire the Finish-Line Mindset**

Notice when you start chasing an outcome. Return to sensation, connection, and responsiveness. Pleasure deepens when the goal stops narrowing the room.