

She Comes First

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 **Put Pleasure First Explicitly**

Before intimacy has momentum, make the priority clear in simple language: her comfort, interest, and pleasure are central, not something to rush through.

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⁰² **Study Without Performing Expertise**

Learn anatomy and arousal as shared literacy. Bring curiosity, not a script, and let real-time feedback matter more than what you think should work.

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⁰³ **Slow the Opening Pace**

Treat the first stretch as trust-building. Notice relaxation, enthusiasm, breath, and ease before escalating anything or narrowing the moment toward an outcome.

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⁰⁴ **Ask One Better Question**

Use a low-pressure prompt such as: 'More like this or different?' Then receive the answer warmly, without defensiveness, apology spirals, or jokes that dodge vulnerability.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Watch for Cues, Then Revise**

Let stillness, tension, movement, words, and breath change your choices. Responsiveness is the technique underneath every technique.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Keep Connection Afterward**

Stay emotionally present after the moment. A tender debrief about what felt good, rushed, or worth repeating makes future honesty safer.