

PLEASURE PRINCIPLES

*How to Use **Pleasure Principles** Worksheets*

The worksheets will help you apply the Principles and use the tools in real life.

To get the most out of the worksheets, complete the previous Principles' worksheets again before launching into the next. Be sure to keep and date all your work so you can see how your thinking shifts as you work your way through each new Principle.

Get all tech-y

If you prefer to complete the worksheets on your computer, make sure you have an up-to-date PDF reader like Adobe Reader (a free version is available [HERE](#)). Once that's set, right-click on the worksheet icon to download it or 'Save As' to your desktop (better yet, create a Pleasure Principles folder right on your desktop and save it, and all worksheets, there). After you DATE and type your work into the sheet, be sure to save it (save it with the date in the title for easy reference as you move forward - and don't forget to save that sheet with a new, dated title before you work on it again so you don't lose old work).

Or, keep it simple

If you'd rather do the worksheets the old-fashioned way, just right click, download, and print each one as you go. If you're of a mind to take my suggestion for getting the most out of these worksheets, remember that you may want to go back and print additional copies of the previous Principles' worksheets so you can do that work again, and see how your thinking shifts as you continue through the course.

If you want to rock the worksheets old-school, consider getting yourself a three-ring binder, hole-punch those suckers, and section out your work however makes the most sense to you.

Worksheets have a profound impact on pleasure-seekers' experiences of the course, but only if they get used. If you have any questions or need any help around them or anything else, reach out. Shoot an email to support@strongcoffey.com anytime.



