



RESOURCE 4.4

CREATING YOUR INTIMACY VISION

HVL Connect Client Resource

Dante Yigael, Certified Life Coach

Email: dante@hvlccc.com | Phone: 832-800-0417 | www.hvlconnect.com

ABOUT THIS RESOURCE

Purpose: This resource helps you create a clear, compelling vision for your intimate life and develop a plan to make that vision reality.

When to use this:

- You want to be intentional about your intimate life
- You're rebuilding after challenges
- You want to deepen intimacy
- You're preparing for long-term commitment
- You want to align with your partner on intimacy
- You need clarity about what you want
- You want to create goals for your intimate life

What this resource provides:

- Vision creation process
- Individual and shared vision work
- Goal-setting framework
- Action planning tools
- Alignment exercises with partner
- Ongoing vision maintenance

Important: This is about creating YOUR vision, not conforming to others' expectations or societal standards.



INTRODUCTION: THE POWER OF VISION

Why Vision Matters

WITHOUT VISION:

- You drift
- Intimacy happens (or doesn't) by default
- You react rather than create
- You don't know what you're working toward
- Dissatisfaction grows

WITH VISION:

- You're intentional
- You create what you want
- You have direction
- You can measure progress
- You're aligned with partner
- You work toward something meaningful

Vision gives you a destination and a map.

What Intimacy Vision Includes

YOUR INTIMACY VISION ENCOMPASSES:

Emotional intimacy:

- How connected you feel
- How vulnerable you are
- How you communicate
- How you support each other

Physical intimacy:

- Frequency and quality
- Types of touch and affection
- Sexual connection
- Comfort and pleasure

Relational intimacy:

- How you prioritize intimacy
- How you maintain connection
- How you grow together
- How you navigate challenges

Personal intimacy:

- Your relationship with your own sexuality
- Your comfort in your body
- Your desires and boundaries
- Your growth and healing



PART 1: YOUR INDIVIDUAL INTIMACY VISION

Reflection: Your Intimacy Story

BEFORE CREATING VISION, UNDERSTAND YOUR STORY:

Your intimacy history:

What you learned about sex/intimacy growing up:

Past experiences that shaped you:

What you're healing from:

What you're proud of:

Where you are now:

Where you want to go:



Your Intimacy Values

WHAT MATTERS MOST TO YOU IN INTIMACY?

Rate each value (1-5):

1 = Not important, 5 = Extremely important

- ☐ Connection and closeness
- ☐ Pleasure and satisfaction
- ☐ Vulnerability and openness
- ☐ Playfulness and fun
- ☐ Passion and desire
- ☐ Safety and trust
- ☐ Exploration and novelty
- ☐ Emotional depth
- ☐ Physical satisfaction
- ☐ Spiritual connection
- ☐ Authenticity
- ☐ Communication
- ☐ Mutual respect
- ☐ Freedom and autonomy
- ☐ Commitment and devotion

Your top 5 intimacy values:

1. _____
2. _____
3. _____
4. _____
5. _____

Why these matter to you:

Your Ideal Intimate Life

IF INTIMACY WERE EXACTLY AS YOU WANT IT:

How would you feel?



How often would you be intimate?

What would intimacy look like?

How would you connect emotionally?

How would you communicate about intimacy?

What would be different from now?

What would you be doing that you're not doing now?

How would you feel about yourself?

How would you feel about your partner?



Your Intimacy Vision Statement

CREATE A VISION STATEMENT FOR YOUR INTIMATE LIFE:

Formula:

"In my ideal intimate life, I feel [emotions]. My partner and I [what you do]. We connect through [how you connect]. Intimacy is [qualities]. I am [who you are in this vision]."

Example:

"In my ideal intimate life, I feel deeply connected, desired, and free. My partner and I communicate openly about our needs and desires. We connect through vulnerability, playfulness, and passionate physical intimacy. Intimacy is safe, exciting, and deeply satisfying. I am confident, present, and fully myself."

YOUR INTIMACY VISION STATEMENT:

Read this regularly. Let it guide you.

Your Personal Intimacy Goals

WHAT DO YOU WANT TO DEVELOP IN YOURSELF?

Personal growth goals:

Emotional:

Physical:



Sexual:

Communication:

Healing:

Confidence:



PART 2: SHARED INTIMACY VISION

Sharing Your Individual Visions

BEFORE CREATING SHARED VISION, SHARE INDIVIDUAL VISIONS:

Process:

1. Each person shares their vision statement
2. Listen without judgment
3. Ask clarifying questions
4. Notice similarities and differences
5. Appreciate each other's vulnerability

When we'll do this:

Finding Common Ground

WHERE YOUR VISIONS ALIGN:

Shared values:

Shared desires:

Shared goals:

What you both want:



Navigating Differences

WHERE YOUR VISIONS DIFFER

Different desires/needs:

Different values:

Different frequencies:

HOW TO BRIDGE DIFFERENCES

Compromise:

What can we both adjust to meet in the middle?

Taking turns:

What can we alternate or take turns with?

Creative solutions:

What creative approaches might work for both?

Non-negotiables:

What's essential for each person?

Partner 1: _____

Partner 2: _____

How we'll honor both:



Your Shared Intimacy Vision Statement

CREATE TOGETHER:

Our shared intimacy vision:

This represents what we're building together.

Both partners sign:

Partner 1: _____ Date: _____

Partner 2: _____ Date: _____



Your Shared Intimacy Values

AS A COUPLE, WHAT MATTERS MOST?

Our top 5 shared intimacy values:

1. _____
2. _____
3. _____
4. _____
5. _____

How we'll honor these values:



PART 3: SPECIFIC VISION AREAS

Emotional Intimacy Vision

IN OUR IDEAL INTIMATE LIFE:

How we communicate:

How we share vulnerability:

How we support each other:

How connected we feel:

What we do to maintain emotional intimacy:

Physical Intimacy Vision

IN OUR IDEAL INTIMATE LIFE:

Frequency of intimacy:



Quality of intimacy:

Types of physical connection:

How we show affection:

What our sexual connection is like:

How we maintain desire:

Communication Vision

IN OUR IDEAL INTIMATE LIFE:

How we talk about sex:

How we share desires:



How we give feedback:

How we address issues:

How often we check in:

Growth and Exploration Vision

IN OUR IDEAL INTIMATE LIFE:

How we keep intimacy fresh:

What we explore together:

How we grow:

What we learn:



How we challenge ourselves:



PART 4: FROM VISION TO REALITY

Gap Analysis

WHERE YOU ARE NOW VS. WHERE YOU WANT TO BE:

Current state of intimacy (1-10): _____

Vision state (what 10 looks like):

Gap: _____

What's missing:

What needs to change:

What needs to be added:

What needs to be removed:

Your Intimacy Goals

SMART GOALS TO MOVE TOWARD VISION:

GOAL 1:

Specific: _____

Measurable: _____

Achievable: _____



Relevant: _____

Time-bound: _____

Action steps:

1. _____
2. _____
3. _____
4. _____

Who's responsible: _____

Support needed: _____

How we'll track progress: _____

GOAL 2: _____

Specific: _____

Measurable: _____

Achievable: _____

Relevant: _____

Time-bound: _____

Action steps: _____

1. _____
2. _____
3. _____
4. _____

Who's responsible: _____

Support needed: _____

How we'll track progress: _____

GOAL 3: _____

Specific: _____

Measurable: _____

Achievable: _____

Relevant: _____

Time-bound: _____

Action steps: _____

1. _____
2. _____
3. _____

Who's responsible: _____

Support needed: _____

How we'll track progress: _____



90-Day Action Plan

WHAT WE'LL DO IN THE NEXT 90 DAYS:

Month 1 (Immediate actions):

Week 1: _____

Week 2: _____

Week 3: _____

Week 4: _____

Month 2 (Building momentum):

Week 5: _____

Week 6: _____

Week 7: _____

Week 8: _____

Month 3 (Deepening and integrating):

Week 9: _____

Week 10: _____

Week 11: _____

Week 12: _____

Daily, Weekly, Monthly Practices

TO MOVE TOWARD OUR VISION

DAILY:

WEEKLY:

MONTHLY:



Obstacles and Solutions

WHAT MIGHT GET IN THE WAY:

Obstacle 1: _____

Solution: _____

Obstacle 2: _____

Solution: _____

Obstacle 3: _____

Solution: _____

How we'll overcome obstacles:

Support we'll seek:



PART 5: MAINTAINING YOUR VISION

Regular Vision Check-Ins

MONTHLY VISION CHECK-IN:

Questions to discuss:

How are we doing toward our vision? (1-10)

What's working well?

What's not working?

What needs adjustment?

Are we living our values?

What do we need to focus on?

How can we support each other?

Our check-in day/time:



Quarterly Vision Review

EVERY 3 MONTHS, REVIEW

Progress toward vision:

Goals achieved:

Goals in progress:

New goals to set:

What's changed:

What needs to change:

Vision adjustments needed:

Annual Vision Renewal

ONCE PER YEAR, RENEW YOUR VISION:

Review:

- Where we were a year ago
- Where we are now
- What we've accomplished
- What we've learned
- How we've grown

**Celebrate:**

- Progress made
- Challenges overcome
- Connection deepened
- Growth achieved

Revise:

- Update vision statement
- Set new goals
- Adjust practices
- Recommit

Our annual vision renewal date:

Keeping Vision Alive

WAYS TO KEEP VISION PRESENT

Visual reminders:

- Write vision statement and post it
- Create vision board
- Set phone reminders
- Keep this resource accessible

Regular practice:

- Daily/weekly/monthly practices
- Check-ins
- Goal tracking
- Celebrating progress

Communication:

- Talk about vision regularly
- Share progress
- Adjust together
- Stay aligned

Accountability:

- To each other
- To coach/therapist
- To yourselves
- Track and measure



PART 6: CELEBRATING YOUR VISION

Milestones to Celebrate

CELEBRATE WHEN:

- ☐ You have difficult intimacy conversation
- ☐ You try something new
- ☐ You overcome obstacle
- ☐ You reach goal
- ☐ You feel more connected
- ☐ Desire increases
- ☐ Communication improves
- ☐ You feel progress
- ☐ You live your values
- ☐ You honor your vision

How we'll celebrate:

Progress Tracking

TRACK YOUR JOURNEY

Month 1:

Intimacy rating: _____

Progress: _____

Wins: _____

Month 2:

Intimacy rating: _____

Progress: _____

Wins: _____

Month 3:

Intimacy rating: _____

Progress: _____

Wins: _____

Month 6:

Intimacy rating: _____

Progress: _____

Wins: _____



Month 12:

Intimacy rating: _____

Progress: _____

Wins: _____

Your Intimacy Journey

REFLECT ON YOUR JOURNEY

Where we started:

Challenges we've overcome:

How we've grown:

What we're proud of:

What we've learned:

Where we're going:



FINAL REMINDERS

Vision Is Living

YOUR VISION:

- Evolves over time
- Grows with you
- Changes as you change
- Is flexible, not rigid
- Guides, doesn't constrain

Let it be alive and dynamic.

You're Creating Your Intimacy

YOU GET TO DECIDE:

- What intimacy looks like for you
- What matters most
- What you want to create
- How you want to feel
- What your intimate life becomes

This is your vision. Own it.

Vision Requires Action

VISION WITHOUT ACTION IS JUST A DREAM:

- Take steps daily
- Practice consistently
- Communicate regularly
- Address obstacles
- Keep moving forward

Small actions create big change.

You're Not Alone

IN CREATING YOUR VISION:

- You have each other
- You have support resources
- You have this framework



- You have your commitment
- You have hope

You can create the intimate life you want.

NEXT STEPS

AFTER COMPLETING THIS RESOURCE:

- ☐ Complete your individual vision
- ☐ Share with partner
- ☐ Create shared vision together
- ☐ Set SMART goals
- ☐ Create 90-day action plan
- ☐ Establish daily/weekly/monthly practices
- ☐ Schedule regular check-ins
- ☐ Post vision where you'll see it
- ☐ Take first action steps
- ☐ Celebrate your commitment

ADDITIONAL RESOURCES

RELATED HVL CONNECT RESOURCES:

- Resource 4.1: Intimacy Blocks Discovery
- Resource 4.2: Communication About Sex and Intimacy
- Resource 4.3: Rebuilding Physical Connection
- Resource 3.1: Weekly Relationship Check-In Template
- Resource 3.2: Intimacy Building Exercises

RECOMMENDED READING:

- "Mating in Captivity" by Esther Perel
- "Come As You Are" by Emily Nagoski
- "Passionate Marriage" by David Schnarch
- "The State of Affairs" by Esther Perel
- "She Comes First" by Ian Kerner



ABOUT HVL CONNECT

Dante Yigael, Certified Life & Relationship Coach

Specializations:

- Intimacy Coaching
- Vision Creation and Goal Setting
- Relationship Enhancement
- Holistic Intimacy Support

Approach:

- Evidence-based and practical
- Values-driven
- Goal-oriented
- Supportive and empowering
- Focused on creating what you want

Contact:

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Phone: 832-800-0417

Website: www.hvlconnect.com

You have a vision. Now create it.
One day, one practice, one choice at a time.
Your intimate life is yours to create.