



An intimate revolution at your fingertips

VULVA MAPPING JOURNAL

the worksheet

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FORGET SHAME, DISCOVER YOUR YONI AND (RE)LEARN PLEASURE

Our relationship with our bodies is often complicated. It's a bit like that Spotify playlist we don't dare share (you know, the one with all our guilty pleasures from the 90s). Between taboos, unrealistic beauty standards and our own insecurities, it's not always easy to feel comfortable with the most intimate part of our anatomy. But there's a practice that can help you reconnect with your body, explore your pleasure and build your confidence.

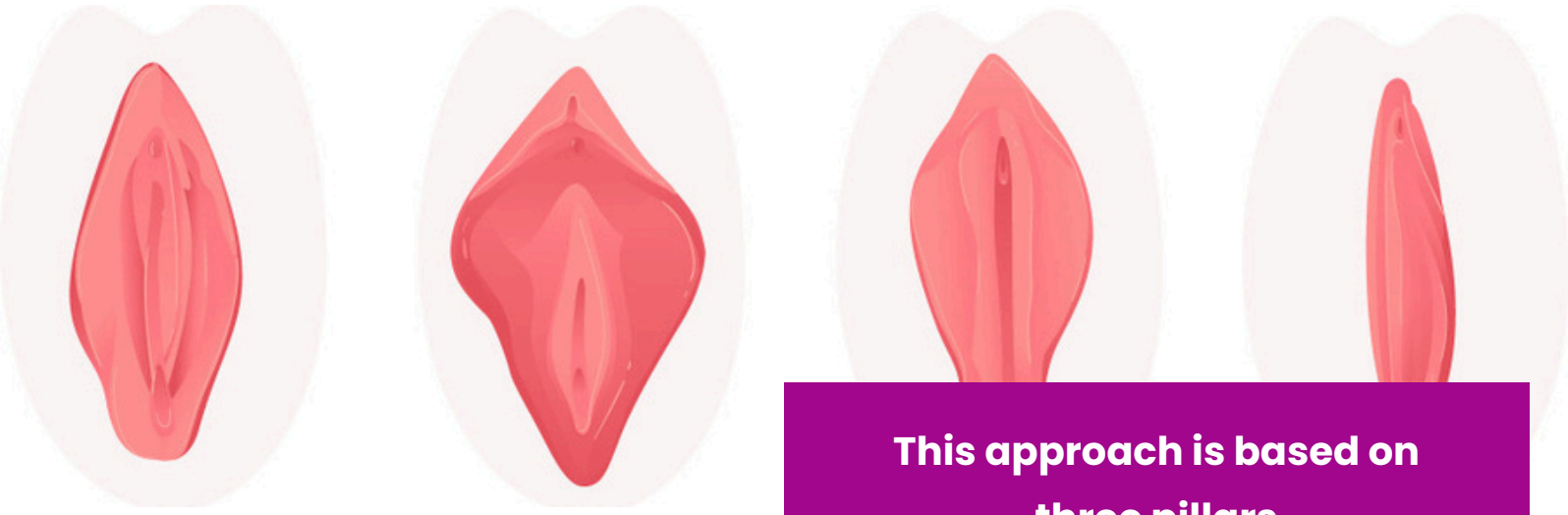
Think of your vulva as a unique treasure map. It's not a treasure hunt like Indiana Jones, but it is an adventure - though the spirit of adventure is welcome. Vulva mapping is an exploration of your body, with a mirror as your compass and curiosity as your guide.

This guide accompanies you step by step as you explore your vulva. Use it to observe, record and reflect on your sensations, discoveries and emotions. The aim is to help you get to know yourself better, release shame and connect with your intimate pleasure.



*Your body is a map
—every curve,
every sensation,
every reaction tells
a story. Dare to
explore it.*

WHAT IS VULVA MAPPING?



Vulva mapping is a practice of consciously exploring your intimate anatomy. It allows you to get to know your vulva better, develop a positive relationship with your body and identify areas of pleasure and relaxation.

The aim of vulva mapping is not performance, but exploration: every body is unique, and every sensation deserves to be welcomed with curiosity, gentleness and kindness. This worksheet accompanies you on your personal journey.

This approach is based on three pillars

- **Visual observation** with a mirror to recognize every part of your anatomy.
- **Tactile exploration** to map your sensations and discover what gives you pleasure.
- **Journaling** to integrate your discoveries and improve your connection to your body.

SECTION 1: PREPARATION

YOUR SACRED SPACE

Before you begin, create an environment in which you feel safe and comfortable. This is your moment.

Items to prepare:

- Hand-held mirror
- Organic massage oil (optional, to soften the touch)
- Cushions and/or blanket for your comfort
- A notebook or notepad and pen to record your observations
- A quiet, private room with soft lighting

Kindness guidelines

- Safety and Respect: Your body is unique. If you feel the need to take a break, do so without judgment.
- Caring attitude: Approach this exploration as a gift to yourself. There is no “right” or “wrong” way to discover your intimacy.
- Confidentiality: This practice is personal. You are not obliged to share your discoveries, unless you wish to do so.

PRE-EXPLORATION EMOTIONAL CHECK-IN

Take a moment to connect with yourself.

Question: How do you feel before starting the mapping?

(Curious, nervous, excited, skeptical...)

Your response:

SECTION 2: ANATOMY IDENTIFICATION

Recognize and name the different parts of your vulva, with the help of the “clock mapping” diagram.

Look at the diagram (page 6) to locate each part of your anatomy.

Take your mirror and sit down comfortably. Hold the mirror in your hand so that you have a clear view of your vulva.

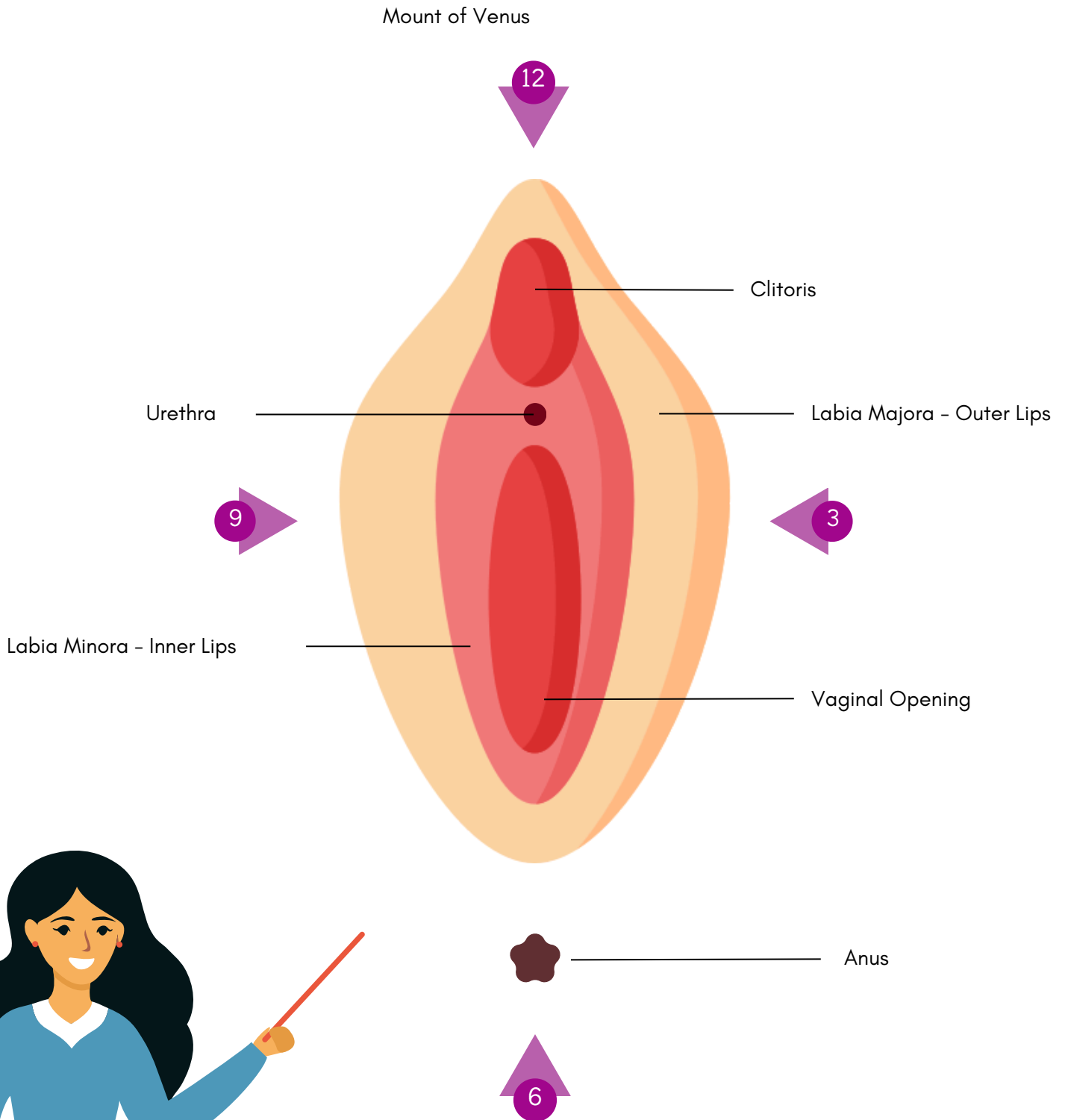
Look at your vulva without judgment, concentrating on every detail. Try to visually identify the different parts, such as:

- Mount of Venus (the fleshy area above the pubis)
- The urethra
- Labia majora (outer lips)
- Labia minora (inner lips)
- Clitoris (the small, sensitive structure often visible near the top of the labia minora)
- Vaginal opening (entrance area)
- The anus

Note your observations in the table below:

Vulva part	Description/Observations (size, colour, form, texture)
Urethra	
Outer lips	
Inner lips	
Clitoris	
Vaginal opening	
Anus	

CLOCK MAPPING - VULVA



SECTION 3: SENSORIAL EXPLORATION

Explore your vulva by touch to identify areas of sensitivity and pleasurable sensations.

1. Prepare yourself: Warm a few drops of oil in your hands.
2. Gentle exploration: With your fingers, gently explore the different areas, trying :
 - Light caresses on the labia (like a delicate breeze)
 - Circular movements (imagine drawing little suns)
 - Light tapping (like playing the piano very softly)
3. Breathing and awareness: Synchronize your gestures with deep breathing to amplify your sensations.
4. Observation: Take note of sensations, particularly sensitive areas, or those that relax you.

NOTE TAKING SPACE

Sensitive areas

(Indicate the areas you find particularly sensitive or pleasant)

Emotional reactions

(What emotions or sensations did you feel? Ex. surprise, relaxation, excitement, confusion)

Appreciated Techniques

(Which method of touch gave you the most pleasure or relaxation?)

Reflective questions:

- What sensations did you notice during tactile exploration?
- Is there an area that surprises you with its intensity or soothing effect?

SECTION 4: REFLECTION & JOURNALING

Take some time to reflect on this exploratory experience and express your discoveries.

What did you discover about your body today?

Describe any new feelings or surprises about your vulva.

How does this exploration change your perception of yourself?

Reflect on the emotional and psychological impact of this exercise

What benefits do you notice in terms of your well-being and confidence?

Example: more relaxation, better connection to your pleasure, increased self-esteem.

Free space

Use this space to write freely, draw or create a diagram that reflects your experience.

SECTION 5: FINAL CHECK-IN

Take a moment to compare your emotional state before and after the exercise.

Question:

How do you feel now compared to when you started? Has anything changed?

Set a Personal Goal:

For example, "I commit to spending 10 minutes a week exploring my intimacy."

Let's share:

If you wish, share your discoveries in a dedicated online community or exchange space, to enrich the collective experience in a climate of benevolence.

*Your vulva is as
unique as your
fingerprint, and
that is its magic.*



final words

CONTINUE TO REVIEW YOUR PLEASURE MAP

Every discovery, no matter how small, is a step towards a better connection with yourself. Your body is a unique treasure. Continue to explore it with love, curiosity and kindness. You are the guardian of your pleasure and empowerment.

Use this worksheet as a personal guide and return to it regularly to observe your evolution. Enjoy your journey towards greater self-awareness!

THE BIT ABOUT ME !

Hello, I'm Rachael Hibbert, a certified sex therapist* and intimacy coach. I help people peel back the layers of expectation and get undressed. With a special focus on intimacy, body image, and self-worth, I empower my clients to rewrite their narratives around sex, love, and relationships.



My approach is unapologetically real—honoring each person's unique journey while challenging the taboos that hold them back. My work fuses science with soul, blending evidence-based therapeutic practices with deep empathy to create spaces where people can step into their most confident and connected selves.

For me, sexual wellness isn't a luxury or an afterthought—it's a fundamental right, and central to our overall health. Why is it that we treat pleasure like a guilty secret while prioritizing every other aspect of well-being? It's time to rewrite history. Through personalized coaching, workshops, and thought-provoking writing, I guide those around me toward greater self-awareness and authentic expression. My mission? To help people undress the layers of expectation and step into their naked truth—with confidence, curiosity, and a touch of rebellion.

*French Diploma

**Learn more about
personalized coaching**

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