

# December 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Sign up to receive Eros Coaching enewsletters <a href="http://tinyurl.com/29byp8r">http://tinyurl.com/29byp8r</a>	2 Read Eros Coaching Dec enewsletter	3 Read 'Toys for Adults' <a href="http://tinyurl.com/2b9jlnu">http://tinyurl.com/2b9jlnu</a>	4 Come up with a Christmas wish list and let the word out
5 Check out the week's Facebook posts by Eros Coaching <a href="http://tinyurl.com/26taeac">http://tinyurl.com/26taeac</a>	6 Read Eros Coaching column <a href="http://theonlinecitizen.com/category/eros-coaching-with-martha-lee/">http://theonlinecitizen.com/category/eros-coaching-with-martha-lee/</a>	7 Ask girl friend to attend 'With a Bang' with me <a href="http://tinyurl.com/2ap743w">http://tinyurl.com/2ap743w</a>	8 Sign up for Eros Coaching workshop 'With a Bang' on 11 Dec	9 Check out the 'Reviews' page of Eros Coaching <a href="http://www.eroscoaching.com/category/reviews/">http://www.eroscoaching.com/category/reviews/</a>	10 Come up with a list of things and people to be thankful for	11 Attend Eros Coaching workshop <b>'With A Bang'</b> (1:30 – 5:30p.m.)
12 Check out the week's Facebook posts by Eros Coaching	13 Read Eros Coaching column on The Online Citizen	14 Sign up for Eros Coaching workshop 'With a Bang' on 18 Dec if I haven't attended/ done so	15 Buy Christmas cards/ gifts for friends	16 Write Christmas cards and wrap Christmas gifts	17 Send out Christmas cards	18 Attend Eros Coaching workshop <b>'With A Bang'</b> (1:30 – 5:30p.m.) if I didn't attend the one on 11 Dec
19 Check out the week's Facebook posts by Eros Coaching	20 Read Eros Coaching column on The Online Citizen	21 Reflect on 'With a Bang' Workshop	22 Encourage girl friends to attend 'With a Bang' <a href="http://tinyurl.com/2ap743w">http://tinyurl.com/2ap743w</a>	23 Plan what to wear for Christmas season	24 <b>Christmas Eve</b> Check that you have all your gifts in order	25 <b>Christmas</b> In all the festivity, pause and give thanks for everything you have
26 Check out the week's Facebook posts by Eros Coaching	27 Read Eros Coaching column on The Online Citizen	28 Consider doing physical spring cleaning	29 Do physical spring cleaning of house	30 Continue with physical spring cleaning of wardrobe	31 <b>New Year's Eve</b> Get ready for the countdown!	

# January 2011

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30 Check out the week's Facebook posts by Eros Coaching <a href="http://tinyurl.com/26taeac">http://tinyurl.com/26taeac</a>	31					1 New Year's Day
2 Check out the week's Facebook posts by Eros Coaching	3 Sign up to receive Eros Coaching newsletters <a href="http://tinyurl.com/29byp8r">http://tinyurl.com/29byp8r</a>	4 Read Eros Coaching Jan newsletter	5 Ask girl friend to attend 'With a Bang' with me <a href="http://tinyurl.com/2ap743w">http://tinyurl.com/2ap743w</a>	6 Ask girl friend to attend 'Sex Smart Me' with me <a href="http://www.sugarandspice.sg">www.sugarandspice.sg</a>	7 Sign up for Eros Coaching workshops	8 Attend Eros Coaching workshop <b>'With A Bang'</b> (1:30 – 5:30p.m.)
9 Attend Eros Coaching workshop <b>'Sex Smart Me'</b> (3 – 5p.m.)	10 Read Eros Coaching column <a href="http://theonlinecitizen.com/category/eros-coaching-with-martha-lee/">http://theonlinecitizen.com/category/eros-coaching-with-martha-lee/</a>	11 Reflect on learnings from workshop 'Sex Smart Me'	12 Ask girl friend to attend 'With a Bang' with me <a href="http://tinyurl.com/2ap743w">http://tinyurl.com/2ap743w</a>	13 Come up with new year resolution/ goals if not done	14 Read Eros Coaching's blog <a href="http://www.eroscoaching.com/category/blog/">http://www.eroscoaching.com/category/blog/</a>	15 Last chance to attend Eros Coaching workshop <b>'With A Bang'</b> (1:30 – 5:30p.m.)
16 Check out the week's Facebook posts by Eros Coaching	17 Read Eros Coaching column on The Online Citizen	18 <b>Sign up for Febulove updates, Eros Coaching online carnival</b> <a href="http://www.febulove.com">www.febulove.com</a>	19 Ask girl friend to attend 'Diva in Me' with me <a href="http://www.sugarandspice.sg">www.sugarandspice.sg</a>	20 Sign up for Eros Coaching workshops if have not done so	21 Visualise how I like to spend my Valentine's Day	22 Attend Eros Coaching workshop <b>'Diva in Me'</b> (3 – 5p.m.)
23 Check out the week's Facebook posts by Eros Coaching	24 Read Eros Coaching column on The Online Citizen	25 Reflect on workshop learnings	26 Ask girl friend to attend 'Sex Smart Me' with me <a href="http://www.sugarandspice.sg">www.sugarandspice.sg</a>	27 Sign up for Febulove updates <a href="http://www.febulove.com">www.febulove.com</a> if have not done so	28 Communicate to my loved ones how I would like to celebrate Valentine's Day	29 Attend Eros Coaching workshop <b>'Sex Smart Me'</b> (3 – 5p.m.)

# February 2011

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		1 Sign up for Febulove updates, Eros Coaching online carnival <a href="http://www.febulove.com">www.febulove.com</a>	2 Eve of Chinese New Year	3 Chinese New Year Yummy goodies!	4 Chinese New Year House visitng	5 Sign up to receive Eros Coaching enewsletters <a href="http://tinyurl.com/29byp8r">http://tinyurl.com/29byp8r</a>
6 Check out the week's Facebook posts by Eros Coaching <a href="http://tinyurl.com/26taeac">http://tinyurl.com/26taeac</a>	7 Read Eros Coaching Feb enewsletter	8 Sign up for Eros Coaching workshop 'Lady in Red'. Not to be missed!	9 Surf Febulove website <a href="http://www.febulove.com">www.febulove.com</a> to get eros inspiration	10 Tell my girl friends that I love them	11 Attend Eros Coaching Workshop 'Lady in Red' (7:30 – 9:30p.m.)	12 Attend Eros Coaching Workshop 'Lady in Red' (3 – 5p.m.)
13 Check out the week's Facebook posts by Eros Coaching	14 Valentine's Day Time with sweetheart	15 Reflect on workshop learnings	16 Surf Febulove website <a href="http://www.febulove.com">www.febulove.com</a> to get eros inspiration	17 Read Eros Coaching's blog <a href="http://www.eroscoaching.com/category/blog/">http://www.eroscoaching.com/category/blog/</a>	18 Reflect on progress with new year goals	19 Attend Eros Coaching workshop 'Diva in Me' (3 – 5p.m.)
20 Check out the week's Facebook posts by Eros Coaching	21 Read Eros Coaching column <a href="http://theonlinecitizen.com/category/eros-coaching-with-martha-lee/">http://theonlinecitizen.com/category/eros-coaching-with-martha-lee/</a>	22 Reflect on workshop learnings	23 Read Eros Coaching media coverage <a href="http://www.eroscoaching.com/category/media-coverage/">http://www.eroscoaching.com/category/media-coverage/</a>	24 Plan a girl's night out	25 Email website Febulove <a href="http://www.febulove.com">www.febulove.com</a> with feedback	26 Attend Eros Coaching workshop 'Sex Smart Me' (3 – 5p.m.)
27 Check out the week's Facebook posts by Eros Coaching	28 Read Eros Coaching column on The Online Citizen					

# March 2011

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		1	2 Sign up to receive Eros Coaching enewsletters <a href="http://tinyurl.com/29byp8r">http://tinyurl.com/29byp8r</a>	3 Read Eros Coaching March enewsletter	4 Sign up for Eros Coaching workshops	5 Attend Eros Coaching workshop <b>'Diva in Me'</b> (3 – 5p.m.)
6 Attend Eros Coaching workshop <b>'Sex Smart Me'</b> (3 – 5p.m.)	7 Read Eros Coaching column <a href="http://theonlinecitizen.com/category/eros-coaching-with-martha-lee/">http://theonlinecitizen.com/category/eros-coaching-with-martha-lee/</a>	8 Reflect on workshop learnings	9 Ask girl friends to attend 'Being Real' with me	10 Sign up for Eros Coaching workshops	11 Read Eros Coaching's blog <a href="http://www.eroscoaching.com/category/blog/">http://www.eroscoaching.com/category/blog/</a>	12 Attend Eros Coaching workshop <b>'Being Real'</b> (3 – 5p.m.)
13 Check out the week's Facebook posts by Eros Coaching <a href="http://tinyurl.com/26taeac">http://tinyurl.com/26taeac</a>	14 Read Eros Coaching column on The Online Citizen	15 Reflect on workshop learnings	16 Read Eros Coaching's blog <a href="http://www.eroscoaching.com/category/blog/">http://www.eroscoaching.com/category/blog/</a>	17 Have I been taking care of myself? How about pampering yourself with a mask or manicure?	18 Reflect on progress with new year goals	19 Attend Eros Coaching workshop <b>'Being Real'</b> (3 – 5p.m.)
20 Check out the week's Facebook posts by Eros Coaching	21 Read Eros Coaching column on The Online Citizen	22 Read Eros media coverage <a href="http://www.eroscoaching.com/category/media-coverage/">http://www.eroscoaching.com/category/media-coverage/</a>	23 Last chance to sign up for Eros Coaching workshop 'Being Real'	24 Read Eros Coaching's blog <a href="http://www.eroscoaching.com/category/blog/">http://www.eroscoaching.com/category/blog/</a>	25 Schedule some 'me' time or down time	26 Last chance to attend Eros Coaching workshop <b>'Being Real'</b> (3 – 5p.m.)
27 Check out the week's Facebook posts by Eros Coaching	28 Read Eros Coaching column on The Online Citizen	29 Reflect on workshop learnings	30 Plan a girl's night out	31 Visit Eros Coaching Events page for new workshops <a href="http://www.eroscoaching.com/category/events/">http://www.eroscoaching.com/category/events/</a>		

# April 2011

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					1 Sign up to receive Eros Coaching enewsletters <a href="http://tinyurl.com/29byp8r">http://tinyurl.com/29byp8r</a>	2 Treat yourself something sweet. You deserve it!
3 Check out the week's Facebook posts by Eros Coaching <a href="http://tinyurl.com/26taeac">http://tinyurl.com/26taeac</a>	4 Read Eros Coaching's blog <a href="http://www.eroscoaching.com/category/blog/">http://www.eroscoaching.com/category/blog/</a>	5 Read Eros Coaching April enewsletter	6 Ladies, attend workshop 'Using Therapeutic Grade Essential Oils to Release Fears'	7 Take your <a href="#">Mojo Upgrade Questionnaire!</a>	8 Reflect on progress with new year goals	9 Plan a romantic dinner with your sweetheart
10 Check out the week's Facebook posts by Eros Coaching <a href="http://tinyurl.com/26taeac">http://tinyurl.com/26taeac</a>	11 Sign up for <a href="#">Ask Away!</a>	12 Read Eros media coverage <a href="http://www.eroscoaching.com/category/media-coverage/">http://www.eroscoaching.com/category/media-coverage/</a>	13 It's mid month. Take it easy and find a way to pamper yourself	14 Check out Eros Coaching Reviews <a href="http://www.eroscoaching.com/category/reviews/">http://www.eroscoaching.com/category/reviews/</a>	15 Attend <a href="#">Ask Away</a> and get sex questions answered for free!	16 Do a good deed. Share <a href="#">Eros Coaching</a> with friends!
17 Check out the week's Facebook posts by Eros Coaching <a href="http://tinyurl.com/26taeac">http://tinyurl.com/26taeac</a>	18 Enquire about how to attend <a href="#">Sexual Technique Workshop!</a>	19 Read Eros Coaching's blog <a href="http://www.eroscoaching.com/category/blog/">http://www.eroscoaching.com/category/blog/</a>	20 Couples, attend workshop 'Using Therapeutic Grade Essential Oils for Sensuality and Intimacy'	21 Does Eros Coaching have <a href="#">new freebies</a> for you?	22 <b>Good Friday</b> Enjoy your long weekend!	23 Do something outdoors like a picnic
24 Check out the week's Facebook posts by Eros Coaching <a href="http://tinyurl.com/26taeac">http://tinyurl.com/26taeac</a>	25 Schedule sex. It can only make sex better for you.	26 Visit Eros Coaching Events page for new workshops <a href="http://www.eroscoaching.com/category/events/">http://www.eroscoaching.com/category/events/</a>	27 When was the last time you got something sexy for you?	28 Plan a girl's night out	29 Check out Eros Coaching Products <a href="http://www.eroscoaching.com/category/products/">http://www.eroscoaching.com/category/products/</a>	30 Sign up for Eros Coaching <b>Being Woman</b> conference <a href="http://www.beingwoman.com.sg">www.beingwoman.com.sg</a>

# May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <b>Labour Day</b> Take a break. You deserve it!	2 Sign up to receive Eros Coaching enewsletters <a href="http://tinyurl.com/29byp8r">http://tinyurl.com/29byp8r</a>	3 Read Eros Coaching May enewsletter	4 Read Eros Coaching's blog <a href="http://www.eroscoaching.com/category/blog/">http://www.eroscoaching.com/category/blog/</a>	5 Ask for a massage	6 Be still and recognize your achievements	7 Be grateful for what you have and abundance is more likely to follow!
8 <b>Mother's Day</b> Do something nice for mom!	9 Exercise. Your body is your temple.	10 Check out Eros Coaching Reviews <a href="http://www.eroscoaching.com/category/reviews/">http://www.eroscoaching.com/category/reviews/</a>	11 Make someone laugh today. Life is fun!	12 Do a good deed. Share <a href="#">Eros Coaching</a> with friends!	13 Does Eros Coaching have <a href="#">new freebies</a> for you?	14 Date night with sweetheart
15 Check out the week's Facebook posts by Eros Coaching <a href="http://tinyurl.com/26taeac">http://tinyurl.com/26taeac</a>	16 Enquire about how to attend <a href="#">Sexual Technique Workshop!</a>	17 <b>Vesak Day</b> Be kind to all	18 Read Eros Coaching's blog <a href="http://www.eroscoaching.com/category/blog/">http://www.eroscoaching.com/category/blog/</a>	19 It's mid month. Take it easy and find a way to pamper yourself	20 Reflect on progress with new year goals	21 Express appreciation to someone today
22 Check out the week's Facebook posts by Eros Coaching	23 Slow down. Taste your food and practise being a more sensual lover.	24 Read Eros media coverage <a href="http://www.eroscoaching.com/category/media-coverage/">http://www.eroscoaching.com/category/media-coverage/</a>	25 Plan a romantic dinner with your sweetheart	26 Check out Eros Coaching Products <a href="http://www.eroscoaching.com/category/products/">http://www.eroscoaching.com/category/products/</a>	27 Sign up for Eros Coaching <b>Being Woman</b> conference <a href="http://www.beingwoman.com.sg">www.beingwoman.com.sg</a>	28 Are you giving yourself enough credit?
29 Check out the week's Facebook posts by Eros Coaching	30 Schedule sex. It can only make sex better for you.	31 Visit Eros Coaching Events page for new workshops <a href="http://www.eroscoaching.com/category/events/">http://www.eroscoaching.com/category/events/</a>				

# June 2011

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			1 Sign up to receive Eros Coaching enewsletters <a href="http://tinyurl.com/29byp8r">http://tinyurl.com/29byp8r</a>	2 Read Eros Coaching June enewsletter	3 Sign up for <b>Being Woman</b> conference <a href="http://www.beingwoman.com.sg">www.beingwoman.com.sg</a>	4 Does Eros Coaching have <a href="#">new freebies</a> for you?
5 Check out the week's Facebook posts by Eros Coaching <a href="http://tinyurl.com/26taeac">http://tinyurl.com/26taeac</a>	6 Do a good deed. Share <a href="#">Eros Coaching</a> with friends!	7 Read Eros Coaching's blog <a href="http://www.eroscoaching.com/category/blog/">http://www.eroscoaching.com/category/blog/</a>	8 Give a massage	9 Check out Eros Coaching Reviews <a href="http://www.eroscoaching.com/category/reviews/">http://www.eroscoaching.com/category/reviews/</a>	10 Attend <b>The Heart of the Lotus</b> <a href="http://www.eroscoaching.com/2011/05/tantric/">http://www.eroscoaching.com/2011/05/tantric/</a>	11 Attend Eros Coaching 'Being Woman' Conference
12 Attend <b>Being a Sensational Lover for Women</b> <a href="http://www.eroscoaching.com/2011/05/tantric/">http://www.eroscoaching.com/2011/05/tantric/</a>	13 Sign up for a <b>Daily Ecstatic Breath Session!</b> <a href="http://www.eroscoaching.com/2011/05/tantric/">http://www.eroscoaching.com/2011/05/tantric/</a>	14 Read Eros media coverage <a href="http://www.eroscoaching.com/category/media-coverage/">http://www.eroscoaching.com/category/media-coverage/</a>	15 Attend <b>Daily Ecstatic Breath Session!</b> <a href="http://www.eroscoaching.com/2011/05/tantric/">http://www.eroscoaching.com/2011/05/tantric/</a>	16 Reflect on progress with new year goals	17 Attend The Heart of the Lotus workshop <a href="http://www.eroscoaching.com/2011/05/tantric/">http://www.eroscoaching.com/2011/05/tantric/</a>	18 Attend <b>Tantric Ritual and Ceremony</b> <a href="http://www.eroscoaching.com/2011/05/tantric/">http://www.eroscoaching.com/2011/05/tantric/</a>
19 Attend <b>How to be a Sensational Lover for Men</b> <a href="http://www.eroscoaching.com/2011/05/tantric/">http://www.eroscoaching.com/2011/05/tantric/</a>	20 Attend last <b>Daily Ecstatic Breath Session!</b> <a href="http://www.eroscoaching.com/2011/05/tantric/">http://www.eroscoaching.com/2011/05/tantric/</a>	21 Read Eros Coaching's blog <a href="http://www.eroscoaching.com/category/blog/">http://www.eroscoaching.com/category/blog/</a>	22 Schedule sex. It can only make sex better for you.	23 Sign up for <a href="#">Ask Away!</a>	24 Are you getting enough rest? Schedule a quiet night in	25 Express appreciation to someone today
26 Check out the week's Facebook posts by Eros Coaching	27 Check out Eros Coaching Products <a href="http://www.eroscoaching.com/category/products/">http://www.eroscoaching.com/category/products/</a>	28 Check out new workshops <a href="http://www.eroscoaching.com/category/events/">http://www.eroscoaching.com/category/events/</a>	29 Plan a romantic dinner with your sweetheart	30 Attend Sensuous Woman by Eros Coaching! Email to enquire!		

# July 2011

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31					1 Sign up to receive Eros Coaching enewsletters <a href="http://tinyurl.com/29byp8r">http://tinyurl.com/29byp8r</a>	2 Attend <b>Feel the Fear and Do It Anyway</b> <a href="http://tinyurl.com/4yrsdhs">http://tinyurl.com/4yrsdhs</a>
3 Ask for your free session about <b>His Love, Her Love</b> <a href="http://tinyurl.com/3rmkc3v">http://tinyurl.com/3rmkc3v</a>	4 Schedule sex. It can only make sex better for you.	5 Read Eros Coaching's blog <a href="http://www.eroscoaching.com/category/blog/">http://www.eroscoaching.com/category/blog/</a>	6 When was the last time you got something sexy for you?	7 Attend 2 <sup>nd</sup> <b>Sensuous Woman</b> session	8 Express appreciation to someone today	9 Attend <b>His Love, Her Love</b> <a href="http://www.eroscoaching.com/2011/02/couples/">http://www.eroscoaching.com/2011/02/couples/</a>
10 Attend <b>His Love, Her Love</b> <a href="http://www.eroscoaching.com/2011/02/couples/">http://www.eroscoaching.com/2011/02/couples/</a>	11 Do a good deed. Share <a href="#">Eros Coaching</a> with friends!	12 Read Eros media coverage <a href="http://www.eroscoaching.com/category/media-coverage/">http://www.eroscoaching.com/category/media-coverage/</a>	13 What does it mean to be man or woman? Read this <a href="http://tinyurl.com/42lhack">http://tinyurl.com/42lhack</a>	14 Attend 3 <sup>rd</sup> <b>Sensuous Woman</b> session	15 Reflect on progress with new year goals	16 Be grateful for what you have and abundance is more likely to follow!
17 Check out the week's Facebook posts by Eros Coaching	18 Enquire about how to attend <a href="#">Sexual Technique Workshop!</a>	19 Read Eros Coaching's blog <a href="http://www.eroscoaching.com/category/blog/">http://www.eroscoaching.com/category/blog/</a>	20 Do your Kegels! <a href="http://tinyurl.com/3lwgnf8">http://tinyurl.com/3lwgnf8</a>	21 Check out Eros Coaching Products <a href="http://www.eroscoaching.com/category/products/">http://www.eroscoaching.com/category/products/</a>	22 Am I getting enough rest? Decide on a stay-home activity.	23 How about some fresh air outdoors?
24 Check out the week's Facebook posts by Eros Coaching	25 Exercise. Your body is your temple.	26 Visit Eros Coaching Events page for new workshops <a href="http://www.eroscoaching.com/category/events/">http://www.eroscoaching.com/category/events/</a>	27 Plan a girl's night in	28 Make someone laugh today. Life is fun!	29 Be still and recognize your achievements	30 Get started on that self development book!