

WHAT'S
MISSING
IN YOUR

DYNAMIC?



A Mini Workbook for Building
Intentional Structure.

Identify Gaps. Build Structure. Start Intentionally.

KINKY CURIOSITY



What's Missing in Your Dynamic

Dynamic Structure Check-in

Strong dynamics don't happen by accident. They're built with intention and maintained with structure. Use this quick check-in to identify where your dynamic is strong and where it may need more support.

RATE EACH STATEMENT FROM 1-5

1 = rarely true | 5 = consistently true

STATEMENT	1	2	3	4	5
Expectations are clearly defined.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rules or protocols are followed consistently.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tasks are used intentionally, not randomly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Accountability exists when expectations slip.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Communication happens clearly and openly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The dynamic can hold shape even when life gets busy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

REFLECTION

Where did you score the lowest?	What seems strong?	What feels underdeveloped?
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Where are you relying on intention instead of structure?



Key Insight:

The area you scored the lowest may be where structure is missing.

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Turning Insight Into Structure

Define Your Focus

Now that you've identified areas that may be missing structure, choose one focus area to strengthen and define the purpose behind it. This gives you a practical starting point for building intentional tasks.

1. CHOOSE YOUR FOCUS AREA

Select the area where you want more structure and support.

<input type="checkbox"/> ACCOUNTABILITY follow-through, responsibility, and consistency	<input type="checkbox"/> COMMUNICATION honesty, check-ins, and expression	<input type="checkbox"/> SERVICE care, consideration, and support
<input type="checkbox"/> CONNECTION bonding, presence, and intentional moments	<input type="checkbox"/> FOCUS attention, priorities, and mental discipline	<input type="checkbox"/> SELF-CONTROL discipline, restraint, and impulse management

My chosen focus area: _____

2. DEFINE THE PURPOSE

Clarify what this category is meant to accomplish in your dynamic.

WHAT IS THIS CATEGORY MEANT TO REINFORCE?	_____ _____
WHAT BEHAVIOR OR MINDSET SHOULD IT SUPPORT?	_____ _____
IS THIS ABOUT DISCIPLINE, ATTENTION, CONNECTIONS, TRAINING OR SOMETHING ELSE?	_____ _____

The purpose behind this category is: _____



Create 3 Foundational Tasks

Build With Purpose

Use this space to create 3 tasks for your new category. Keep these simple, specific, and intentional. These will be your foundation.



1. DAILY TASK

Something small and repeatable that builds consistency.

WHAT IS THE TASK?

HOW DOES THIS SUPPORT YOUR FOCUS?

Examples: check-in • posture cue • mindfulness prompt



2. RESPONSIVE TASK

Used in specific moments or situations to redirect, reset, or support.

WHAT IS THE TASK?

WHEN OR HOW WILL THIS BE USED?

Examples: correction task • grounding task • focus reset



3. PROGRESS TASK

Something that reinforces progress, strengthens connection, or marks growth

WHAT IS THE TASK?

WHAT DOES THIS REINFORCE OR STRENGTHEN?

Examples: service ritual • reward task • milestone marker

REFLECTION

How do these tasks work together to support your focus area?

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Keep It Intentional

The right tasks matter more than the number of tasks.

What's Next?

Now Keep Building

You've taken the first step towards building more intention and structure in your dynamic. This mini guide helped you identify what's missing, choose a focus and create your first tasks.



WANT TO GO DEEPER?

Ready to Build the Full System?

This workbook helps you turn what you started here into a sustainable task system built around structure, consistency, and intention.


INSIDE YOU'LL FIND:

- ✓ **Guided Frameworks for Building Tasks with Purpose**
Not just ideas, but a system you can actually maintain.
- ✓ **10 Structured Task Categories to Develop Your Dynamic**
Prompts and pages for accountability, focus, service, and more.
- ✓ **Planning Tools for Consistency and Follow-Through**
Support structure without making it feel rigid or overwhelming.
- ✓ **System Building Worksheets**
Turn ideas into a structure you can actually put into practice.
- ✓ **A Complete System You Can Grow Into**
Start simple or grow into something far deeper.

[Explore the Full Workbook Set](#) ↓

REFLECTION

What did you learn about your dynamic through this process?	What is one small step you can take to build more structure?	How will more intentional structure serve your dynamic?
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Remember
Structure isn't about control.
It's about creating the space for trust, clarity, and power to thrive.

Keep building with intention

Thank you for investing in your dynamic.

You're not just managing tasks, you're building something meaningful.



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