

# SERVICE SUBMISIVE

*worksheets*

|

*a workbook from*

ALTLIFE.COMMUNITY

# WELCOME

This workbook has been created with a range of cheat sheets for s-types.

It includes a range of tools for any service s-type who has specific chores and requirements or provides service in their dynamic around the home.

It also includes some additional chores and challenges which are common within dynamics.

These are just example cheat sheets and work well as a guide, but may not suit everyone.



## MEET THE AUTHOR

**Annakink**  
(owner of [allife.community](http://allife.community))

I am a dedicated service submissive in my 24/7 dynamic. So have a range of tools in my arsenal definitely help me keep on top of my chores and rules.

I am also dedicated to providing safe spaces and educational resources to those in the BDSM community.













# Weekly Meal Planner

## Grocery List


Breakfast

Lunch

Dinner

Snacks

mon

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tue

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wed

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thu

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fri

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sat

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sun

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# Recipe Planner

RECIPE NAME

CUISINE

TIME TO PREPARE

TIME TO COOK

TOOLS TO USE

PROCEDURE

INGREDIENTS

# WEEKLY CHORE CHART

## CHORES

## M T W T F S

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## NOTES

# workout routine

MONDAY

TUESDAY

WEDNESDAY

















THURSDAY
















FRIDAY

SATURDAY

SUNDAY

# PERSONAL WATER *Tracker*

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# DAILY REFLECTION

Reminder

List of Affirmations

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What is your biggest goal?

How can you achieve





