

JOURNAL ENTRY WEEK 1

DATE:

DAY OF YOUR CYCLE:

How do you feel about Menstruation in general? Write down a few words or feelings that arise:



What was your experience of your first bleed like? Did you feel supported, excited or proud? Were you waiting for it, the last of your friends to get it, or did it surprise you? Write down all that you remember.

JOURNAL ENTRY WEEK 1

Have you had any embarrassing moments related to having a period?

Take a deep breath and put your hands over your womb. As you exhale speak the phrase, "My cycle is on my side." Do this three times.

How does that feel in your body? Do you notice a relaxing? Or is your mind unsure? Notice what comes up. Write down any insights: