
FOLLICULAR PHASE/ SPRING CHEATSHEET



The Follicular Phase is the Spring of your cycle, as your energy begins to increase each day, and new projects are able to be started with ease and grace. This phase also has mimics the energy of the Virgin archetype, as well as the waxing moon as it is growing bigger in the night's sky.

Follicular Phase Spring/ Virgin/ Waxing Moon

Day 7-13

In this phase you will experience rising feel good hormones, fresh vibrant energy, and you are full of hope and potential. Much like you have shed and rebuilt the lining of your womb, you have shed the past and are rebuilding yourself.

▶ **Physically**

The lining of your uterus has started to rebuild, your estrogen and serotonin increase, your mood and brain function begin to increase, your testosterone increases, and your libido increases

▶ **Emotionally**

You are the least sensitive, your energy increases, you are more confident and daring, your creativity increases, and it's easy to start new project.

▶ **Food for Thought**

Eat sprouted foods this phase such as broccoli sprouts, bean sprouts, sprouted breads. Also eat fermented foods such as kimchi and sauerkraut. Also, avocado if you're trying to conceive.

▶ **At the Gym**

Great time for high intensity workouts. Try kickboxing, dancing, running, rock climbing or S-Factor. It's also a great time to rock out in the weight room (or the bedroom).



Top Tips & Tricks

- 01** Start new projects – Creativity, momentum, and determination are on your side. Remember, you're 3x more productive this phase!
- 02** Keep the credit card at home, especially if you're on a budget. You're more likely to spend money this phase.
- 03** Schedule your bikini wax, and any other task you may find a bit daunting. You're less sensitive, so now's the time!
- 04** Check out a new band in concert or try out a new hairstyle, new work out, or new restaurant. You're super open to new things, so get daring!
- 05** Don't keep this pace all month – Trying to make every season "springtime" can lead to burnout city!
- 06** Buy yourself some spring flowers – Gift yourself an outward symbol of your inner experience.

