

MODULE 1 CHECKLIST



Foundations

Check off when Completed

In each Module there are several different activities, journal entries, exercises and/or embodiment practices to aid in incorporating this information into your life in a real and sustainable way. Check off each of these activities in Module 1 when they've been completed, and when you've finished all of the lessons and feel ready, move onto the next Module.

- Journal Entry**
- Moon Gazing Nightly**
- Cycle Tracking Daily**
 - 1. *Day of Cycle*
 - 2. *Physical*
 - 3. *Emotional*
 - 4. *Sexual*
 - 5. *Moon Phase*
- Draw Your Future Exercise**
- Mayan Spiritual Bath**

