

# MODULE 2 CHECKLIST



## Follicular Phase Spring/ Virgin/ Waxing Moon

### *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 2 when they've been completed, and when you've finished all of the lessons and feel ready, move onto the next Module.



#### **Cycle Tracking Daily**

- 1. Day of Cycle*
- 2. Physical*
- 3. Emotional*
- 4. Sexual*
- 5. Moon Phase*



#### **Moon Gazing Meditation**



#### **Sacred Garden Meditation**



#### **Dust of the Earth Body Prayer**

