

# MODULE 5 CHECKLIST



## Menstrual Phase Winter/ Sage/ New 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 5 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*



#### **Create a Menstrual Ritual**



#### **Dream Journal**



#### **Journal Entry**



#### **Deep Relaxation Self-Guided Meditation**

