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# MODULE 6 CHECKLIST

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## Herstory

### *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 6 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*



#### **Journal Entry**



#### **Walk a Labyrinth**



#### **Qoya class**

