

# JOURNAL PROMPT #1



As It can be rich, fertile soil to be in honest relationship with yourself. But, before the seeds of new ideas can blossom, first it's important to know where you are now.

How do I feel about menstruation?



Who benefits from me feeling this way?



Who might benefit if I felt like my cycle was an asset?



What was my first period like?



Take a deep breath and put your hands on your womb  
Speak the phrase, “my cycle is on my side,” three times.

How does that feel in your body? Do you notice a relaxing? Or is your mind unsure? Write down any insights:

