
MODULE 1 CHECKLIST



Foundations

Check off when Completed

In each Module there are different activities 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 feel complete to you.

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

