

---

# MODULE 4 CHECKLIST

---



## Luteal Phase

## Autumn/ Wild Woman/ Waning 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*



### **2x "Kind" Self-Care**



### **1x "Reflective" Self-Care**



### **Journal Entry #4**



### **Ask a Question of your Head/ Heart/ Womb**

