

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*



Journal Entry #5



Notice your blood



Create a Menstrual Ritual

