

MODULE 6 CHECKLIST



Cyclical Living

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*



Sync your calendar with your Cycle

(As best you can - this gets easier the more you track!)



Flow Makeover



13th Rite of the Munay-Ki

