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# OVULATORY PHASE CHEATSHEET

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The Ovulatory Phase is the Summer of your cycle, as your energy peaks and you are able to communicate clearly and effectively, plus you have plenty of energy for others. This phase also mimics the energy of the Mother archetype, as well as the Full Moon at its brightest in the sky.

## Ovulatory Phase Summer/ Mother/ Full Moon

*Day 13-17*

In this phase you will experience your peak feel-good hormones, you will feel present, juicy and erotic. Plus, you are effective, engaging and nurturing.

▶ **Physically**

The follicle in one of your ovaries swells and bursts, releasing an egg. Estrogen and progesterone are at their peak. Your sex drive is high. You feel your best and are attractive to others. Plus, vaginal discharge increases.

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▶ **Emotionally**

Your inner beauty shines outward, your energy is high, you desire to be immersed in community, you are patient and nurturing, and you can easily communicate and collaborate.

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▶ **Food for Thought**

Eat plenty of fresh fruits and vegetables so that you get plenty of antioxidants. Stick to lighter grains like quinoa and corn, and tons of salads, fruits, and fresh pressed juices. Plus, add in some salmon and shrimp this week.

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▶ **At the Gym**

Great time for high impact workouts. Try weightlifting, or hitting the road for a long run. You're social so also consider running with friends, rock climbing or taking a spin class.

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## *Top Tips & Tricks*

- 01** Go on dates and be your juicy, alive and flirtatious self. Plus, you'll probably think all their jokes are funny!
- 02** Plan fun activities with friends – Capitalize on your high energy and desire for community. Have a blast and make a splash!
- 03** Reach past your comfort zone – Give a speech, be in the spotlight, or ask for a raise. You have the energy for the best possible outcome!
- 04** Have your important convos – you're clear and well spoken, and able to put yourself in other people's shoes. Speak your beautiful mind, darling!
- 05** Prep food for the future – Store in the freezer for next phase, when you won't want to cook. Or, have some friends over for a dinner party!
- 06** Sleep with the blinds open during the full moon – The pituitary gland, in response to light, signals the body to ovulate. Sync your cycle up with the moon!

