

Tracking Your Cycle Journal

Understanding Your Rhythm: The Power of Cycle Tracking

Tracking your menstrual cycle is one of the most empowering things you can do for yourself. It's like having a personalized map that helps you understand how you're feeling, physically and emotionally, throughout your entire month.

To help you get started, we've got a video for you to watch, followed by a worksheet to guide you through the process.

First, let's dive into the menstrual cycle and its fascinating phases.

Why Your Cycle Matters

As females, we're born with a unique biological rhythm: the menstrual cycle. Unless you've had certain surgeries or are navigating menopause, this cycle is a fundamental part of your biology. While a man's hormonal cycle typically resets every 24 hours, our bodies operate on a much longer, approximately **28-day cycle**.

It's clear that much of our world, from work schedules to social expectations, is currently set up around that 24-hour male rhythm, not our unique 28-day flow. However, there's a fantastic shift happening! More and more employers are beginning to recognize and accommodate their female employees' cycles, allowing for work patterns that better align with natural energy fluctuations. This is a brilliant step forward, but there's still more progress to be made.

So, let's peel back the layers and truly understand the profound impact of your menstrual cycle.

THE CYCLE

Understanding Your Cyclical Nature: The Phases of Your Menstrual Cycle

Your menstrual cycle is beautifully **cyclical**—meaning it has no true "start" or "end," but rather flows continuously. However, to understand its rhythm, we'll begin with the **Bleed phase**.

The Bleed Phase (Menstruation)

- **Duration:** Typically lasts **2-7 days**, with an average of around 5 days. Remember, every body is unique, so truly "go with the flow!"
- **Energy:** This is your natural time to **rest and listen deeply to your body**. It's a powerful period for re-evaluation, looking inward at your life, relationships, and goals, and connecting with your intuition. Think of it as a natural reset.

The Follicular Phase

- **Duration:** This phase lasts approximately **10-17 days**, starting from the very first day of your bleed.
- **Energy:** As you emerge from your bleed, your energy begins to build. This is an ideal time for **planning your next month**, planting seeds for new creations and desires, and brainstorming future projects. It's a phase of fresh starts and outward focus.

The Ovulation Phase

- **Duration:** Usually a shorter window, lasting around **2-3 days**.
- **Energy:** This is often when you feel your most **articulate, confident, and magnetic!** Your energy is at its peak, making it a fantastic time for making sales calls, pitching ideas, delivering presentations, and engaging in collaborations. You're also at your most energetically fertile.
- **Physical Cues:** You might notice you feel more attractive or that your partner is more drawn to you during this time. For those trying to conceive, this is your prime window! Physically, many women experience a change in cervical mucus, often becoming more clear and "stretchy" (like egg white). This specific mucus helps sperm travel more easily to find the egg.

THE CYCLE

The Luteal Phase

- **Duration:** This phase begins after ovulation and lasts until the start of your next bleed, typically **12-14 days**.
- **Energy:** Your energy naturally begins to shift inward. This is an excellent time to **complete projects, wrap things up**, and start to slow down. It's a natural wind-down period, preparing you for the calm, reflective energy of the upcoming bleed.

Mastering Your Flow: Living in Sync with Your Cycle

Understanding where you are in each phase of your cycle isn't just knowledge; it's a powerful tool that allows you to **strategically work with your body, not against it, in all areas of your life**.

For instance, if you're someone who struggles to sit still – and believe me, I've been there too! – the **Bleed phase** offers a unique opportunity. Your body is undergoing a natural transition, shedding and resetting. This is a prime time to consciously embrace stillness, slow down, and truly go inward. Honoring this natural inclination can be incredibly restorative.

Cycle tracking also provides invaluable insight for navigating your relationships. Have you ever had doubts or tricky conversations you weren't sure how to approach with your partner? By understanding your cycle, you'll discover that the **Ovulation phase** is often the absolute best time to initiate these important dialogues.

During ovulation, you're not only at your most energetically open, but your body is naturally emitting subtle **pheromones** that can make you incredibly magnetic and appealing. It's a powerful time when you might find your partner is instinctively more drawn to you, and your ideas seem to land with greater ease. You truly become that magnet everyone wants to be around, and your communication can flow with remarkable grace. Harness this natural advantage!

You can use your journal to track your cycle. Write down how you feel, the Luna phase and anything else you would like to about your cycle.