



Cycle planner.

I want more _____ and less _____ this cycle.

Winter
visions:

.reset.

cycle day _____
date _____

cycle day _____
date _____

cycle day _____
date _____

cycle day _____
date _____

cycle day _____
date _____

cycle day _____
date _____

cycle day _____
date _____

cycle day _____
date _____

Spring
ideas:

.renew.

cycle day _____
date _____

cycle day _____
date _____

cycle day _____
date _____

cycle day _____
date _____

cycle day _____
date _____

cycle day _____
date _____

cycle day _____
date _____

cycle day _____
date _____

Summer
pleasure:

.flourish.

cycle day _____
date _____

cycle day _____
date _____

cycle day _____
date _____

cycle day _____
date _____

cycle day _____
date _____

cycle day _____
date _____

cycle day _____
date _____

cycle day _____
date _____

Autumn
rest:

.nourish.

cycle day _____
date _____

cycle day _____
date _____

cycle day _____
date _____

cycle day _____
date _____

cycle day _____
date _____

cycle day _____
date _____

cycle day _____
date _____

cycle reflections:

● SUGGESTIONS FOR USING THE ●

cycle planner



- 1 start on day 1 of your bleed (1st day of full flow)

- 2 set out your cycle plans, what works best in each phase?

- 3 there is space for a longer cycle (up to 31 days) if you need

- 4 do your plans feel aligned to the energy of that phase?

- 5 if they don't can you adapt them to work with your cycle?

