

# CYCLE SYNC YOUR LIFE

*Fertility Awareness Path, LLC*

**\*go to "File > Make a copy" to start editing your own.**

This worksheet will require some thinking, but it will set you up for success in how you relate to & execute your goals. As your hormones fluctuate in response to ovulation & menstruation — your energy, mood, perspective, motivation & discipline shifts in response. The task at hand is to alchemize all those ingredients to live up to your fullest potential. Cycle syncing is the skill of ebbing & flowing *with* your energy fluctuations, as a natural way to reduce PMS/PMDD. **You are essentially developing a hormonally-based personal organization system for reducing stress by doing the things you most value in life.**

You can use this worksheet during the following times of your cycle:

1. During the tail end of your period (or once you're entirely done bleeding). This is a great time to set goals because you are transitioning into the "warmer months". You are entering your inner spring, which brings with it increased energy & ability to see the big dreams you have for yourself.
2. During the mid-luteal phase when estrogen rises to peak levels (roughly seven days after ovulation is confirmed). This energy can feel similar to late December when the Sagittarius moon influences you to set goals for the New Year.

**CELEBRATE YOURSELF:** Take time to see yourself & your growth. This will put you on the fast track to achieving your dreams. List three ways you are celebrating yourself these days. Perhaps you'll want to reflect on the previous menstrual cycle and recognize the moments where you stood in your power and owned your growth. Be proud of yourself & the baby steps you're making towards becoming your highest self.

1. Celebration -
2. Celebration -
3. Celebration -

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**INTENTIONAL WORD EXERCISE:** Choose *one* word that is your focus for the cycle ahead. This activity is a helpful way of tuning into my intuition & strengthening my inner ear to the voice of God / Source / Spirit.

*Personal note:* I spend a few days during my period & preovulatory phase praying / meditating on a word. I keep a list in my notes app & love to see how my intentional words shift over the course of months / years.

Intentional word -

**THE ESSENTIALS:** *chores, errands, meals, movement, stress management, relationships*

List all the essential tasks that you have coming up this cycle. When looking at the essentials - what emotions do you feel in your inner body? What feels overwhelming or challenging about these tasks? How do each of these tasks align with your value system?

**THE NECESSARY STUFF:** *finances, appointments, errands, declutter, organize, deep clean*

List all the necessary shit that you have coming up this cycle. When looking at the necessary shit - what emotions do you feel in your inner body? What feels overwhelming or challenging about these tasks? How do each of these tasks align with your value system?

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**“LIFE IS GOOD” DEPARTMENT:** *connecting with others, self-care, spiritual rituals, activities, adventures, vacations, hobbies*

List all the good stuff you want to focus on this month. Which ones are the most important to you & why? Brainstorm which task decreases your stress & helps you feel really good about life.

**AMBITIONS CORNER:** *passion project, side hustle, current / future biz, skill goals, knowledge acquisition, hobbies*

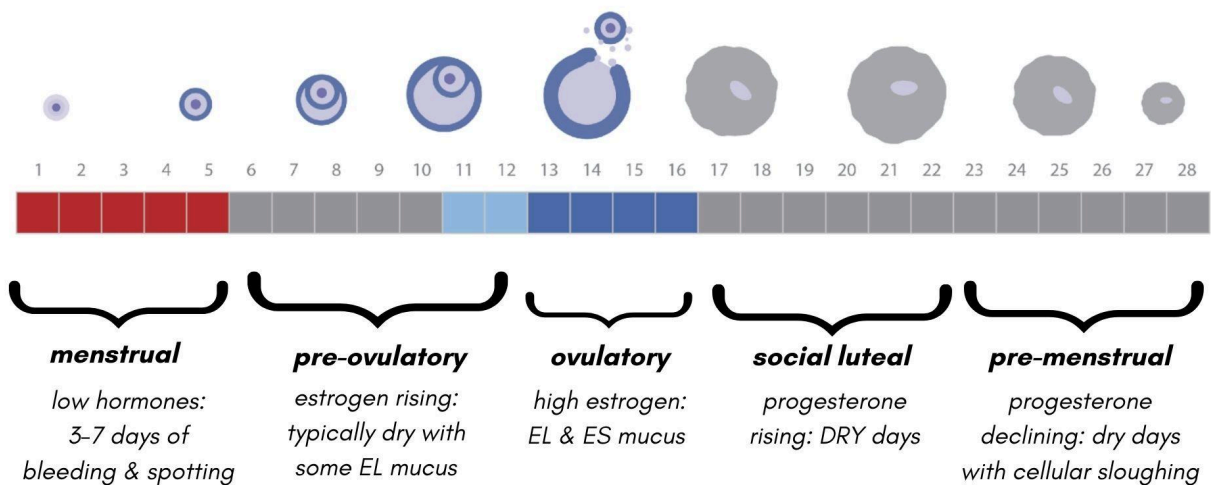
List all the stuff in your ambition corner that you want to commit to this month. Which task are you the most excited to do & why? How does this task fill up your spiritual cup & lower your stress levels?

Below are some suggestions on how you can adjust your tasks & mindset to align better with each phase of your

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cycle. Review each phase, then choose 1-3 things you want to focus on in the coming cycle & write that down in the white space. At the end of the worksheet, compile all of your intentions for each area that you'd like to focus on for the cycle ahead.



## MOVEMENT

### Menstrual:

Rest, yin yoga, walk, mat pilates

### Pre-Ovulatory:

Cardio dance, dance, jump rope, indoor cycling, hiking, rest

### Ovulatory:

Kettlebells, HIIT, indoor cycling, kickboxing, power yoga

### Social Luteal:

Strength training - HIIT, pilates, weight lifting, intense yoga

### Premenstrual:

### Focus this cycle:

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|                                   |  |
|-----------------------------------|--|
| Pilates, barre, gentle yoga, rest |  |
|-----------------------------------|--|

## **FOOD** ← click link to see more

|  |  |
|--|--|
| <b>Menstrual:</b><br>Magnesium, zinc, antioxidants, iron, complex carbs, hormone supportive fats. Enjoy that chocolate you're craving! | <b>Pre-Ovulatory:</b><br>Sprouted foods, fermented foods, prebiotics. Make new recipes during this time! |
| <b>Ovulatory:</b><br>Cruciferous vegetables, glutathione, vitamin c, selenium. Light foods (think salads & smoothies)                  | <b>Social Luteal:</b><br>Whole grains, complex carbs, vitamin B6, magnesium, calcium, soluble fiber      |
| <b>Premenstrual:</b><br>Root vegetables, complex carbs, nutrient dense foods   | <b>Focus this cycle:</b>   |

## ***HOUSEWORK***

|   |  |
|---|--|
| <b>Menstrual:</b><br>Do the absolute bare minimum. Treat it like a vacation.  | <b>Pre-Ovulatory:</b><br>Spring cleaning vibes! Purge old things, donate old clothes/items, reorganize your room, reevaluate routines for greater ease & efficiency, use your creative energy to DIY furniture. Plan home projects & think about what needs to be done this month. |
| <b>Ovulatory:</b><br>You have the energy to move your body & do ambitious things in your home - perhaps this is when you'll paint a room or build furniture | <b>Social Luteal:</b><br>As progesterone rises, you'll see the things you've been neglecting during your follicular phase. Suddenly that thing in the corner of the room irritates you - enjoy noticing your home in a new way & channel your "get it done" energy. Get            |



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|---|---|
|   | things in order. Reorganize closets. Deep clean. Finish projects you started in the preovulatory phase. |
| <b>Premenstrual:</b><br>You're slowing down & don't have the energy to initiate projects, let alone maintain the dishes. Take it easy. Some women experience a cleaning rampage a day or so before their period arrives - enjoy it! | <b>Focus this cycle:</b>  |

## **CAREERS / PERSONAL PROJECTS**

|   |  |
|---|--|
| <b>Menstrual:</b><br>Review your monthly planner & notice patterns. Do you still like the project you're working on? Is your career headed in the right direction? Take time off (if possible). | <b>Pre-Ovulatory:</b><br>Start new projects, brainstorm with co-workers, research / plan / dream, tackle mental challenging tasks, problem solve.  |
| <b>Ovulatory:</b><br>Have important conversations, ask for a raise / promotion, go to happy hour, negotiate / interview, post on social media, network.   | <b>Social Luteal:</b><br>Admin tasks! Finances! Organize your papers, emails, computer files, phone files, desk, etc. Do deep work. Wrap up projects that you started in the preovulatory phase. |
| <b>Premenstrual:</b><br>Take it easy & do what you can :) Schedule in time to rest & zone out.  | <b>Focus this cycle:</b>   |

## **RELATIONSHIPS / SOCIALIZING**

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|   |   |
|---|---|
| <b>Menstrual:</b><br>You're going to want to hang low & be a hermit for a few days. That's okay - enjoy it. The world will see you when you're ready :) <b>IF</b> you need to be around others, double up on nutrient dense food for natural energy, meditate, and schedule in extra rest time after socializing to renew your energy.  | <b>Pre-Ovulatory:</b><br>You emerge from your womb cave a brand new woman and you are so excited to talk to people again. Though you may not be <i>as</i> social as the ovulatory phase - you are ready to enter the world again after your premenstrual & menstrual phase of recuperating. Make plans with friends for your ovulatory phase! Pace yourself with your renewed energy. |
| <b>Ovulatory:</b><br>Watch how easily you may want to say yes to something that's happening during your premenstrual phase (this is why Menstrual Mapping is super helpful!). Exercise boundaries & say no ahead of time. Other than that - enjoy going on friend dates, meeting new people and talking it up with the cashier for no reason other than life is f*cking awesome during your inner summer. You really want to connect with people - so take this time to phone a friend / family member that you don't speak to often. | <b>Social Luteal:</b><br>Though you're not <i>as</i> highly enthusiastic / energized as the ovulatory phase - you're still in the mood to socialize. For cycles that are out of balance - you may feel a little off for a couple days after ovulation as you wait for progesterone to step onto the stage.  |
| <b>Premenstrual:</b><br>Set strong boundaries. Practice saying no without needing to explain why. Prioritize self-care time. It's okay to put yourself first after weeks of connecting & being out in the world with estrogen. You'll feel more sensitive / vulnerable during this time too - and feel more inclined to nitpick those closest to you. Watch how you deliver your criticisms and double up on journaling / processing emotions on the off-chance a social interaction leaves you feeling bruised.                      | <b>Focus this cycle:</b>  |

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## **PARENTING / SUPPORTING MOTHERS**

### **Menstrual:**

This is a time when mothers need extra self care, rest & support. Evaluate family priorities during this time.

### **Pre-Ovulatory:**

Break out of routine & try a new family activity - go to a new playground, museum, drive in the country, etc. Try those new parenting techniques that you've been saving on social media / reading about.

### **Ovulatory:**

Lean into ambitious nature during this phase & do big trips / activities that require a lot of energy - throw a party, invite kids over for a playdate, visit a family member, go on vacation or a mini-getaway. Talk to your kids & connect with them on a deeper level. Enjoy being a playful mom. Have a family meeting.

### **Social Luteal:**

Include kids in chores while progesterone is incentivizing you to cross things off your to-do list.

### **Premenstrual:**

As you slow down, schedule in movie marathons & playdates for your kids.

### **Focus this cycle:**

**FOCUS FOR THIS CYCLE:** Summarize how you're going to integrate these ideas into actionable steps. What would you like to focus on in the cycle ahead? Check in with how well you did when you revisit this worksheet during your next inner spring.

Movement -

Food -

Housework -

Career / Personal projects -

Relationships / Socializing -

Motherhood -



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