

Boost creativity
and prevent burnout
by working with
your cycle



INNER SPRING

follicular phase



HORMONE FOCUS

Estrogen and follicle stimulating hormone (FSH) rise causing ovarian follicles to begin maturing.

ENERGY FOCUS

Now is the time to PLAN. Harness the fresh, creative, renewed sense of clarity and schedule out your month ahead. This is the time to plan new projects, take on new engagements, and explore new social connections.

INNER SUMMER

ovulatory phase



HORMONE FOCUS

Estrogen peaks and luteinizing hormone surges, causing the mature egg to rip away from the follicle and begin its journey into the fallopian tube.

ENERGY FOCUS

You are radiant, fertile and vivacious - use it! Speaking engagements, big project deadlines, and workshops are perfect for the energy of this phase. Be careful of the desire to do everything at once. Be honest with yourself to avoid burnout - those who push themselves during this phase are likely to feel the effects in the form of PMS or extreme fatigue in the seasons that follow.

INNER FALL

luteal phase

HORMONE FOCUS

What remains of the mature follicle after ovulation seals itself off and forms the corpus luteum, which secretes progesterone to help maintain endometrium lining.

ENERGY FOCUS

There is a potent shift felt in this phase, energy that was once projected and expressed outward during the spring and summer phases now turns inward. Instead of focusing your work outwards on meetings, speaking, or networking, consider a shift to more inward focused forms of creation like journaling, reading, or organizing.

INNER WINTER

menstrual phase

HORMONE FOCUS

If fertilization and implantation don't occur, the corpus luteum is absorbed back into the body and progesterone levels fall - triggering the shedding of the endometrium lining, known as menstruation.

ENERGY FOCUS

In the darkness of our own inner winter, that which we no longer need bleeds from us and dies. Can you take time off work? If the answer is yes, clear your schedule for the first 2 - 3 days of your bleed. If you cannot (like most of us), then find small ways to be with yourself. A warm bath, a warm cup of tea, a few deep breaths in the evening before bed. To fully enjoy the creative potential held within the Spring and Summer phases, time for rest is needed.

Want to learn even more about the phases of the menstrual cycle?

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