

TRACKING YOUR WOMB CYCLE

LEVEL 101

This free Level 101 guide will introduce you to the cycle tracking practice that will change your life and the way you do business, *forever.*



CONTENTS

TRACKING | 3

FRAMEWORK | 4

JOURNAL PROMPTS | 5

LINK TO FULL GUIDE | 6

NEXT LEVEL | 7

TRACKING YOUR WOMB CYCLE 101

I *highly* encourage you to track your cycle with a pen and journal for 3 consistent months to establish an unbreakable connection with your intuition before practicing your magic.

Start by tracking these four things daily:

- ♥ **CYCLE DAY**
- ♥ **MOON PHASE**
- ♥ **HOW YOU FEEL**
- ♥ **CREATIVE IDEAS**



WOMB CYCLE TRACKING
DAY 1 = FIRST DAY OF BLEED

Do your best to determine the exact "day" that your bleed starts, but it's okay if you can't remember exactly!



xo,
meganmichele

WOMB *magic* FRAMEWORK



Menstruation

WINTER
DAYS 27-5

THEME:

**REST, RECOVER,
DOWNLOAD,
DREAM**



Follicular

SPRING
DAYS 6-11

THEME:

**PREPARE, PLAN,
PRACTICE,
SCHEME**



Ovulation

SUMMER
DAYS 12-19

THEME:

**SOAR, BE BIG,
COMMAND,
WITNESS**



Luteal

AUTUMN
DAYS 20-26

THEME:

**AUDIT, SHARPEN,
STREAMLINE,
REVISE**



MOON CYCLE TRACKING
DAY 1 = THE NEW MOON



WOMB CYCLE TRACKING
DAY 1 = FIRST DAY OF BLEED

JOURNAL PROMPTS

♥ CYCLE DAY

WHAT DAY OF YOUR CYCLE ARE YOU ON?

♥ MOON PHASE

WHAT PHASE IS THE MOON IN?

♥ HOW YOU FEEL

HOW DO YOU FEEL TODAY? WHAT DO YOU FEEL LIKE DOING TODAY?

♥ CREATIVE IDEAS

CAPTURE IDEAS OR MAGICAL THOUGHTS THAT ARISE THROUGHOUT YOUR CYCLE.



TRACKING YOUR WOMB CYCLE

LEVEL III THE HEALER

Purchase the full Level III guide to track your cycle and find intuitive alignment with your creative superpowers and vortex of genius.

BUY FOR \$22 >

This guide includes printable journal pages for cycle tracking.



**NEXT LEVEL
INITIATION:**

TRACKING YOUR WOMB CYCLE FOR THE TEACHER

**A Level 222 guide to track your cycle
in alignment with the Moon to level
up your real-world creations and
command miracles.**

**Schedule a call with me to explore
your next level magic.**

BOOK >

