## 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



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## 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



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



#### WOMB Medic FRAMEWORK



Menstruction
WINTER
DAYS 27-5

THEME:
REST, RECOVER,
DOWNLOAD,
DREAM



SPRING
DAYS 6-11

PREPARE, PLAN, PRACTICE, SCHEME



Owlation SUMMER DAYS 12-19

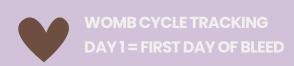
THEME: SOAR, BE BIG, COMMAND, WITNESS



AUTUMN DAYS 20-26

THEME: AUDIT, SHARPEN, STREAMLINE, REVISE





#### 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 1111 THE HEALER

Purchase the full Level 111 guide to track your cycle and find intuitive alignment with your creative superpowers and vortex of genius.



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.

