YOUR CYCLE WISDOM + LEADERSHIP

CYCLE DAYS:

PHASE 1: WINTER - MENSTRUAL



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- aligns with New Moon
- lasts 3-7 days
- best alignment between right & left hemisphere ***strategy & visualization***
- time to reflect: evaluate projects, analyze data, revisit big projects, **review financials**
- **more reflection than action**
- rest or do lighter exercises
- not ideal for HIIT, spinning, hot yoga, 4+hr meetings or 12hr days..! ideally you're able to take these days off work
- if not, try to maintain a slower pace and as few meetings as possible

PHASE 2: SPRING - FOLLICULAR



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- aligns with Waxing/First QuarterMoon
- lasts 7-10 days
- hormones beginning to concentrate again - allows openness to new ideas, creativity and fresh starts *spring energy* **brainstorm** and make PLANS for those visions you had during winter
- **set goals and intentions**
- now's the time to say YES! to trying new things
- getting things done might feel disorganized - try a master list and peck away as energy feels right, or make a "done list" vs a "to do" list
- try a new exercise that piques your interest or switch up your routine

PHASE 3: SUMMER - OVULATION



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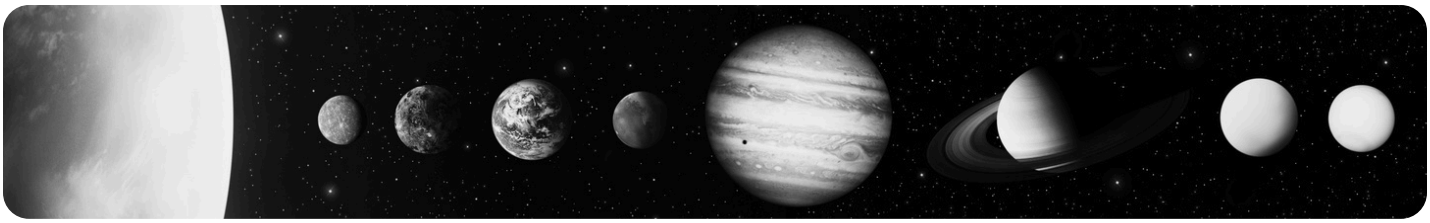
- aligns with Full Moon
- lasts 3-5 days
- estrogen peaks
- this is your SUPERWOMAN phase!
- you are FUCKING MAGNETIC (even more so than normal..!) great time for team work, collaboration, pitching your ideas or selling - **your message is clear**
- you may feel 'channeled'
- **time to take ACTION** on those visualizations and planning from Winter & Spring
- now's the time for intense workouts since you have energy to burn and pain tolerance is high
- also you're going to be horny AF so make time for **pleasure**

PHASE 4: FALL - LUTEAL



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- aligns with Waning/Third Quarter Moon
- lasts 10-14 days
- hormones peak then fall right before bleeding
- this is what *could* cause you PMS but doesn't have to if you know yourself and serve your body and your energy
- speak your mind, **honour your boundaries**, and focus on taking care of yourself - this may mean spending time on your own
- also known as the ‘truth serum’ phase
- chemically we are approaching time when our brain hemispheres are most connected allowing for both creative & logical thinking
- focus is high so **completing tasks is key**
- leverage your focus with dedicated time slots to complete projects and check things off the 'to do' list
- you'll have some energy left over from ovulation for intense workouts but slow the pace as you approach your period
- way too much adrenaline and cortisol in our system, so it's important we **have effective outlets** (i.e. exercise) to release those hormones so we don't "blow up" at someone or become hyper-critical of ourselves



Cosmic Calendar

According to Destiny Cards, a system combining numerology and astrology, the days of the week carry different influences depending on the day of the week on which we were born. The weekdays follow the order of the planets as we move away from the sun (not including Earth). Below is a chart of each planet and their theme or guidance, as well as a chart to map out your order, based on the day you were born. Reference this when building your calendar for home chores, personal tasks or events, and/or your professional responsibilities. Book your Leadership Reading at holisticleaders.ca

	Mercury	Venus	Mars	Jupiter	Saturn	Uranus	Neptune
Theme	Communication	Love, self-love, nurturing	Projects, initiation, big goals	Money, meetings, manifestations, abundance	Spiritual connection, positive and 'negative' breakthroughs	Unexpected, fun & humour	Deep rest, recovery, nourishment

Day on which you were born ⬇️	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Monday	Mercury	Venus	Mars	Jupiter	Saturn	Uranus	Neptune
Tuesday	Neptune	Mercury	Venus	Mars	Jupiter	Saturn	Uranus
Wednesday	Uranus	Neptune	Mercury	Venus	Mars	Jupiter	Saturn
Thursday	Saturn	Uranus	Neptune	Mercury	Venus	Mars	Jupiter
Friday	Jupiter	Saturn	Uranus	Neptune	Mercury	Venus	Mars
Saturday	Mars	Jupiter	Saturn	Uranus	Neptune	Mercury	Venus
Sunday	Venus	Mars	Jupiter	Saturn	Uranus	Neptune	Mercury