



# Cycle Tracking Goddess

How to find peace with your period in two minutes a day without having to download an app and figure out a load of tech



[www.manifestabundance.co.uk](http://www.manifestabundance.co.uk)



# Cycle Tracking Goddess

LET'S GET STARTED!

If you're struggling with uncomfortable, heavy periods, I feel your pain. It can feel like your monthly bleed is ruining your life and you just want to break free. I've used cycle tracking to transform 3 day migraines and agony to actually loving my period. I want to help as many women as possible to do the same.



I've worked with awesome women like Jewels Wingfield and Alexandra Pope and I'm a bit of a geek about the menstrual cycle. While the science excites me, the spiritual potential of cycle awareness lights me up like a Christmas tree! I've tracked my cycles for the last ten years and working with my natural rhythms has changed my life.

If you complete this 30-day journey, you'll have created a map of your cycle that will help you know:

When to rest to avoid burn out  
The best time for orgasmic sex  
How to find peace during your period  
Why you need to make yourself a priority  
Your top days for productivity every month  
How to improve your relationships



[www.manifestabundance.co.uk](http://www.manifestabundance.co.uk)



## Cycle Tracking Goddess

On the next page you'll find your Cycle Tracking Goddess Chart.

Use it every evening starting on day one of your menstrual bleed.

Mark the day of your cycle in the outer ring of the circle (see example).

Use the inner circle to write three words to describe your physical, mental and emotional state (see example).

Keep going. Every day spend two minutes at the end of the day to fill in your chart.

At the end of the month (or when your next bleed starts), you'll have a blueprint for your wellbeing for a whole cycle.

You can print out a new chart and start over.

I usually find that my cycles are super similar so that the anxiety and restlessness I feel on day 19 happens every cycle. Or the massive boost of energy on day 5 is pretty much guaranteed.

It's always worth tracking though to see how the seasons of the year affect your cycle and the events in your life.

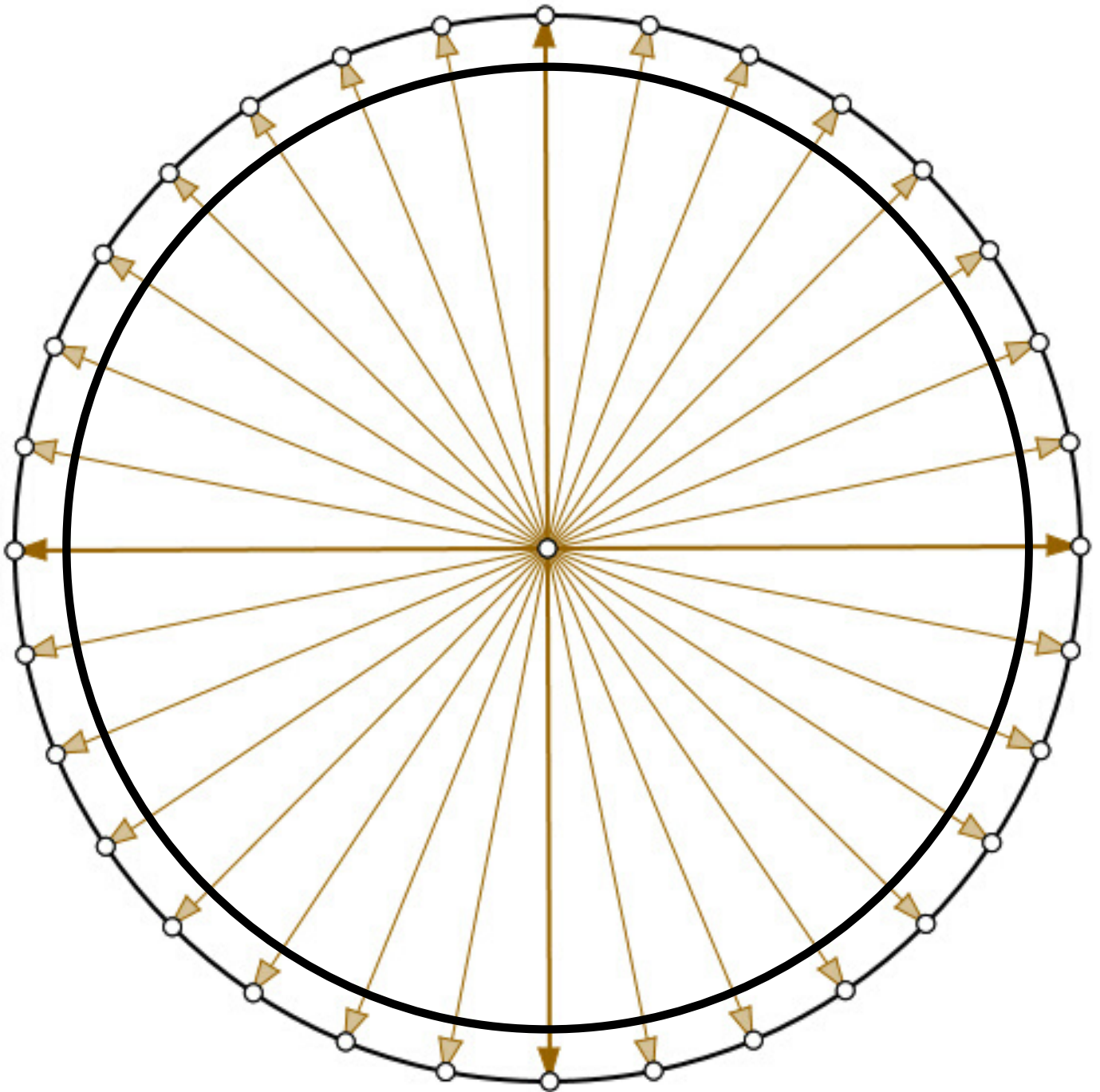




# Cycle Tracking Goddess



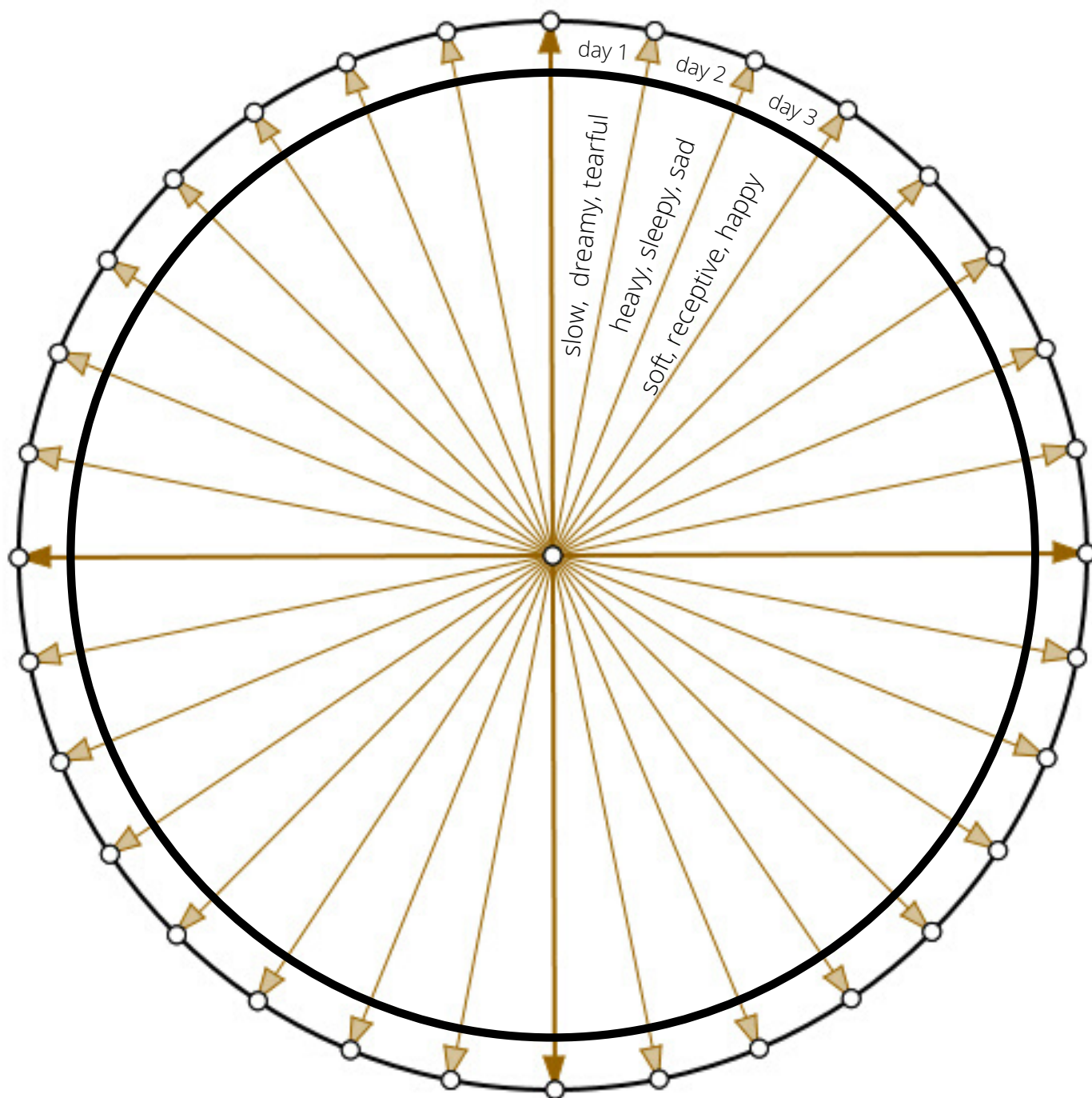
- Get more rest
- Be more productive
  - Find peace
- Make yourself a priority
- Improve relationships
- Have more orgasms



# Cycle Tracking Goddess



- Get more rest
- Be more productive
- Find peace
- Make yourself a priority
- Improve relationships
- Have more orgasms





## *What's Next?*

1.

Come on over to Instagram  
[@lunarlifecoach](#)

2.

Join an inspirational community  
of women on **Love Your Cycle**  
– a three month programme to help you  
reclaim your feminine power.

**Yes, secure my place!**

So excited to dive deeper with you!

3.

Got questions about your cycle?  
Email me at [lunarlifecoach@gmail.com](mailto:lunarlifecoach@gmail.com)

