

Use Your Cycle as Your Superpower



Week 1: Strategize (Menstrual Phase, Days 1-7)

You may experience the **lowest energy** levels during this phase. It's important to **tune in** and listen to your body. You also may start to get **new ideas** or **visions**.

Superpower: Intuition

Do:

- Get **clarity** on your vision & goals, this best time to **strategize**.
- **Reflect** on the past month with your team, **review** what worked and what didn't.
- **Delegate** some tasks that someone else can do for you and focus on establishing new systems.
- Take time for **self-care** such as taking an Epsom salt bath or scheduling a massage.

Don't: Set deadlines and schedule events, meetings, or speaking engagements during this time.

Week 2: Create (Follicular Phase, Days 8-13)

Your energy starts to pick up, you **gain momentum**/get things moving and have more focus. This is a time to be **playful** and **have fun** with what you are creating.

Superpower: Laser Focus

Do:

- **Implement** your ideas or projects one at a time.
- **Tackle** those challenging tasks.
- **Take risks**, try out and **experiment** with new stuff.

Don't: Start or tackle everything all at once, or get sidetracked/distracted with opportunities and multiple things you get to do.

Week 3: Execute (Ovulation, Days 14-21)

Your energy is its **highest**, this is the best time to be **productive** and **get in flow**. Even multi-tasking is easier in this phase.

Superpower: Mastery

Do:

- **Schedule** speaking engagements and team meetings this week, as well as network, connect with friends, take care of your family.
- **Say yes** to opportunities that will help you to create, grow and offer.
- **Drive** your projects forward.

Don't: Even though you say yes, don't get caught up in other's agenda so you're not able to focus on your own agenda.

Week 4: Finalize (Luteal Phase, Days 22-28)

Your energy and momentum start to **slow down** again, and you'll have a **low tolerance** threshold. Your inner critic may show up, but meet it by feeling into what's not working and grow stronger from it.

Superpower: Insight

Do:

- **Finish** projects and things you have been procrastinating on.
- **Say "no"** when you mean no and if it doesn't feel right.
- **Focus** on **simple tasks** that don't require a lot of brainpower (Ex. edit your work, catch up on admin).

Don't: Work on multiple or complex tasks, start new projects, or create a long to-do list.