



Is It Hormonal?

A Self-Reflection Guide to Help You Tune In

Hi Beautiful,

If you've been feeling unlike yourself lately - mentally, emotionally, or physically. You're not alone. The changes you're experiencing might be linked to the natural hormonal shifts of perimenopause, and this guide is here to help you tune in.

As a women's health coach, I created this tool to help you reconnect with your body, notice patterns, and start honoring what your inner wisdom is trying to tell you. This isn't about fixing yourself. It's about listening deeply and compassionately.

THIS CHECKLIST AND JOURNALING GUIDE IS FOR YOU IF:

- You're in your 30s or 40s and noticing new symptoms or emotional shifts
- You feel like you're doing "all the things" but something's still off
- You want to feel more in control of your health and your hormones

Let's begin this reflection together. Your body holds answers. Let's listen.

Is It Hormonal? – Checklist

Check all that apply:

Physical

- ☐ I experience night sweats or feel hot while others are cold
- ☐ I've noticed new fat accumulation around my bra strap or midsection
- ☐ I wake up between 2–4 AM and struggle to fall back asleep
- ☐ My periods have changed in flow, timing, or intensity
- ☐ I often feel bloated or puffy, even without dietary changes
- ☐ My skin seems drier or more sensitive than before
- ☐ I feel unusually tired—even after a full night's sleep

Emotional

- ☐ My mood shifts quickly and feels harder to manage
- ☐ I cry more easily or feel overwhelmed by small things
- ☐ I feel more irritable or impatient than usual
- ☐ I've lost interest in things I used to enjoy
- ☐ I sometimes feel anxious or like I'm in a fog

Lifestyle/Behavioral

- ☐ I rely on caffeine or sugar to get through the day
- ☐ I find it hard to stay motivated or focused
- ☐ I feel disconnected from myself or my intuition
- ☐ I notice I'm withdrawing socially or from activities
- ☐ I'm often “on edge” even when nothing is wrong

If you checked off several symptoms, your hormones may be signaling a need for deeper care. This is not about blame—it's an invitation to listen more closely.

Journal Prompts – Tune Into Your Body’s Messages

You don’t need to have all the answers right now. These prompts are here to guide you into noticing and trusting what your body may be trying to tell you.

1. What’s changed in my body or mind over the last 6–12 months that I keep brushing off or normalizing?
2. When during the month do I feel most like myself? Least like myself?
3. What symptoms or patterns do I downplay, push through, or joke about?
4. What kind of support do I *wish* I had in this season of life?
5. If my body could speak directly to me, what might it be asking for?

Next Steps – You’re Not Meant to Figure This Out Alone

This guide is a starting point. A way to reconnect with yourself and acknowledge what’s been bubbling beneath the surface.

Perimenopause is not just a hormonal shift. It’s a life shift.

You deserve support that honors your entire being.

If you're ready for support with...

- Easing symptoms naturally
- Feeling grounded in your body again
- Building rituals that fit your actual life
- Reclaiming calm and clarity

...then I’d love to work with you.

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