

*Live in flow & Ignite Your Inner Goddess.*

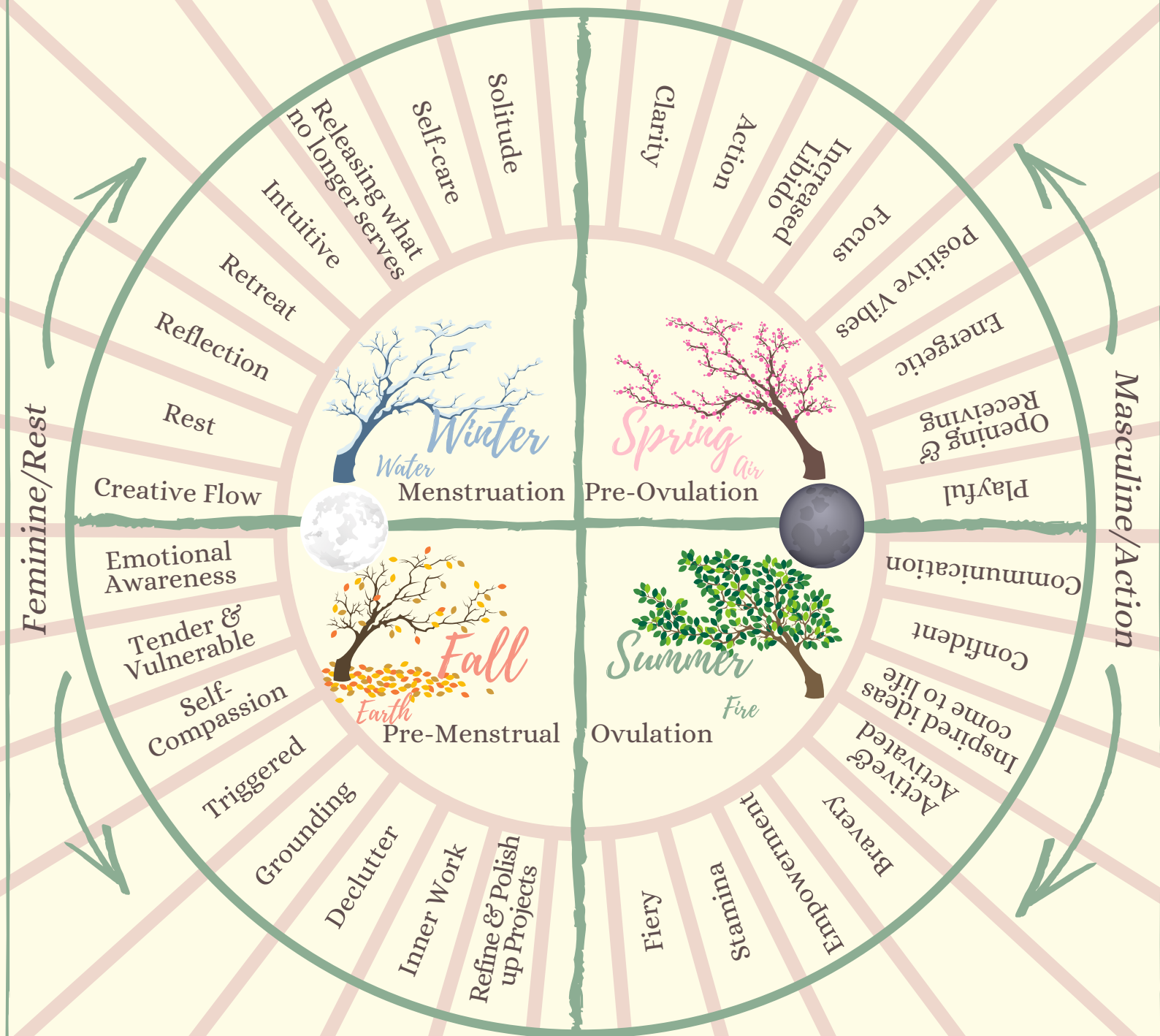
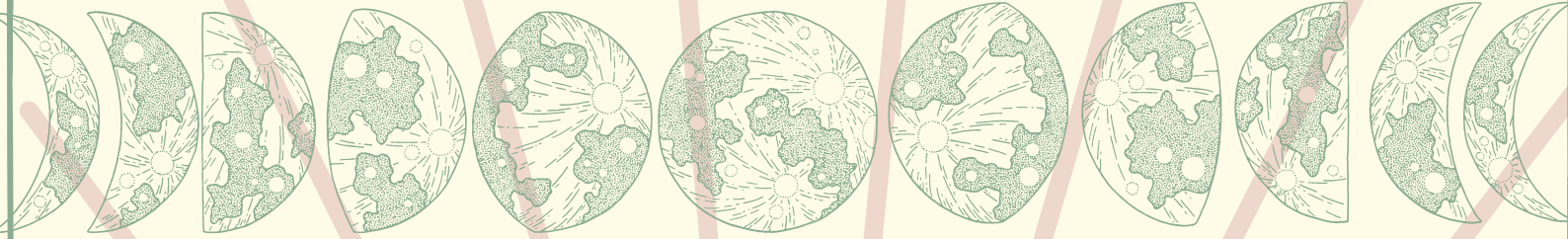


# Embrace Your Sacred Cycle

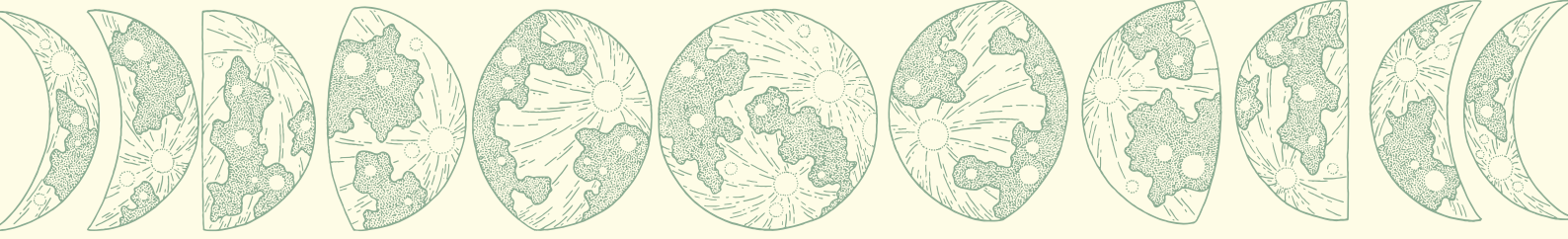
*Cycle Tracking Kit & Workbook*

By Kelly Bramblett

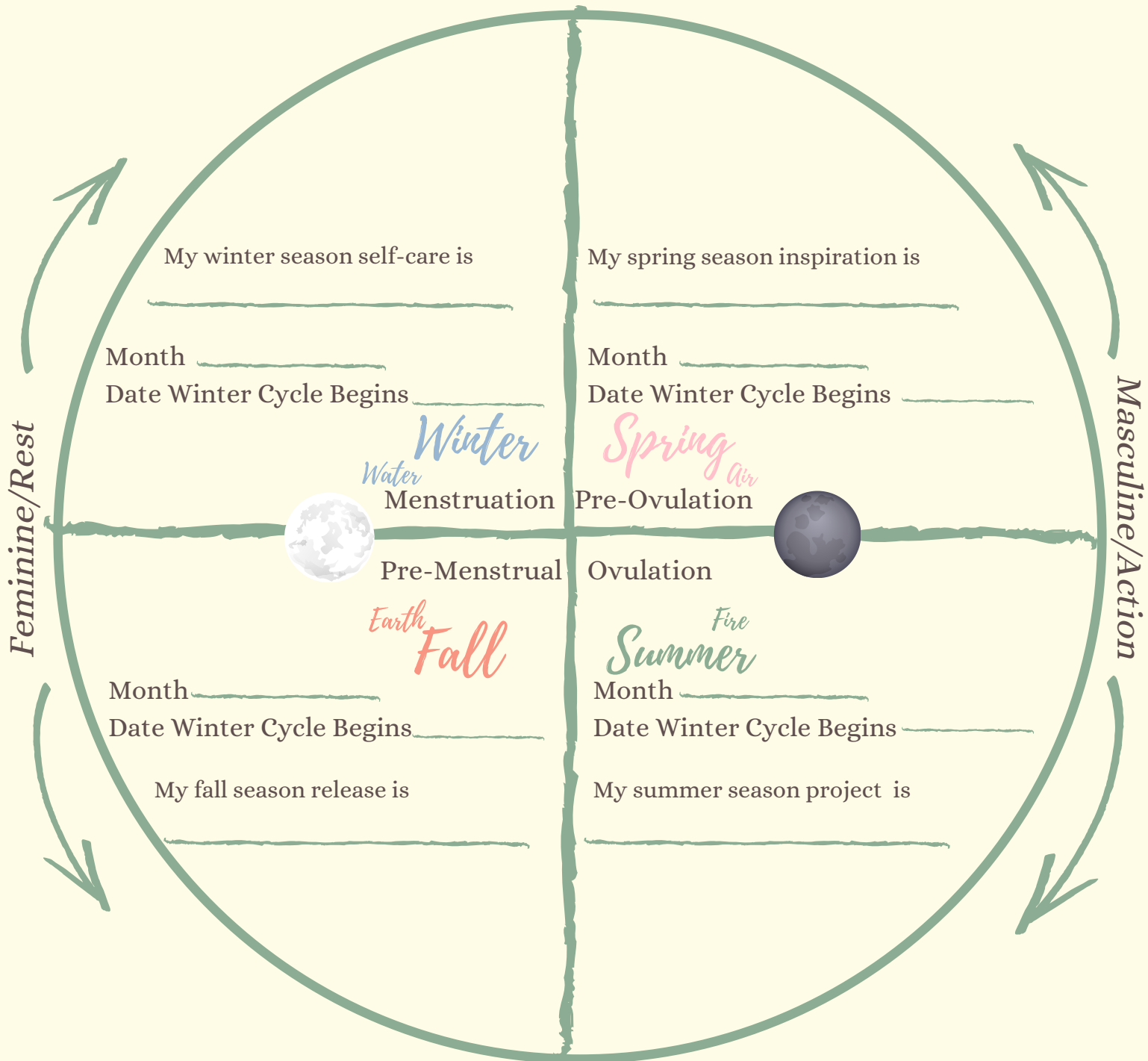
# The Four Seasons of a Woman's Cycle



# Tracking Your Seasons



Print out monthly and fill in each section. Use the blank spaces in each quarter to record the emotions that show up for you during each season of your cycle.



# Symbol Key

Use these symbols to fill in your calendar though out the month. I also encourage you to create your own symbols to represent whatever you would like to keep track of.

😊 High Vibe

☹️ Sad/Down

😡 Frustrated/Moody

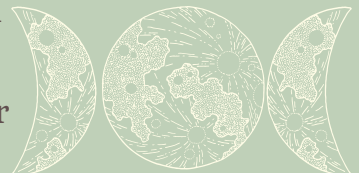
🥱 Fatigued/Low Energy

⚡ Cramps

*Month*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

You can print this calendar template out monthly and fill in accordingly. Use the space in each box to record how you feel, the phase of the moon when you begin your cycle, your seasons, and any other information you would like to keep record of.



# Charting Your Menstrual Cycle

## Yearly Graph

Day	Jan	Feb	March	April	May	June	July	August	Sept	Oct	Nov	Dec
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
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29												
30												
31												

### How to Use This Chart

Choose a color for each flow intensity and color your graph in accordingly.

Graphing your menstrual cycle yearly will help you become aware of patterns in your cycle.



- Color here
Heavy Choose a color for days when you have a heavy flow

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- Moderate Choose a color for days when you have a moderate flow

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- Light Choose a color for days when you have a light flow

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- Spotting Choose a color for days when you are spotting

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- Spring Choose a color for days when you in your spring season

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- Summer Choose a color for days when you in your summer season

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- Fall Choose a color for days when you in your Fall season

# Winter Season

Winter season is all about self-care, retreat, rest, and reflection. Use this worksheet to support you during your winter season.

Ways I will support myself through self-care

 \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

What I need most during my winter seasons

 \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

Affirmations

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I am grateful for...

Note to self

Inspired ideas of my spring  
season

# Spring Season

Spring season is all about energy, inspired ideas, action, and playfulness. Use this worksheet to support you during your spring season.

Ways I will incorporate playfulness during my spring season

 \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

What I am most inspired by and excited about

 \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

Affirmations

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I am grateful for...

Note to self

# Summer Season

Summer season is all about action, fire, passion, communication, and bravery. Use this worksheet to support you during your summer season.

## Ways I will be brave during my summer season

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## What actionable steps will I take to help move me towards accomplishing my goals

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Affirmations

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## Goals of my summer season

## I am grateful for...

## Note to self



# Fall Season

Fall season is all about tying up, completion, release, and inner work. This is also the time you may begin to feel sluggish, emotional, and more vulnerable. Use this worksheet to support you during your fall season.

## Ways I will declutter and organize

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## What I am ready to release during my fall season

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Affirmations

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## I am grateful for...

## Note to self

# Journaling & Notes

You can print, and use these pages to write notes about your monthly cycle, your routines, your feelings, goals and manifestations, mantras or affirmations, random musings, the moon cycle for each season you are in, or anything else you would like to keep a record of.

*I embrace each season of my cycle with love!*

DATE:

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## **THINKING ABOUT BEING THANKFUL**

*Writing a journal helps you recognize your own feelings over certain things or events, no matter how mundane. For this exercise, write down at least 25 things that made you feel good today.*



*I trust my intuition!*

DATE: \_\_\_\_\_

**LETTERS TO THE UNIVERSE**

*Use the space below to write a letter to The Universe.*

A large, empty rectangular box with a thin green border, intended for writing a letter to the universe.















