CHART YOUR CYCLE

Month(s) & Year

_____ _____

Date

DAY 1
2
3
4
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30

INTENTION
for
this cycle
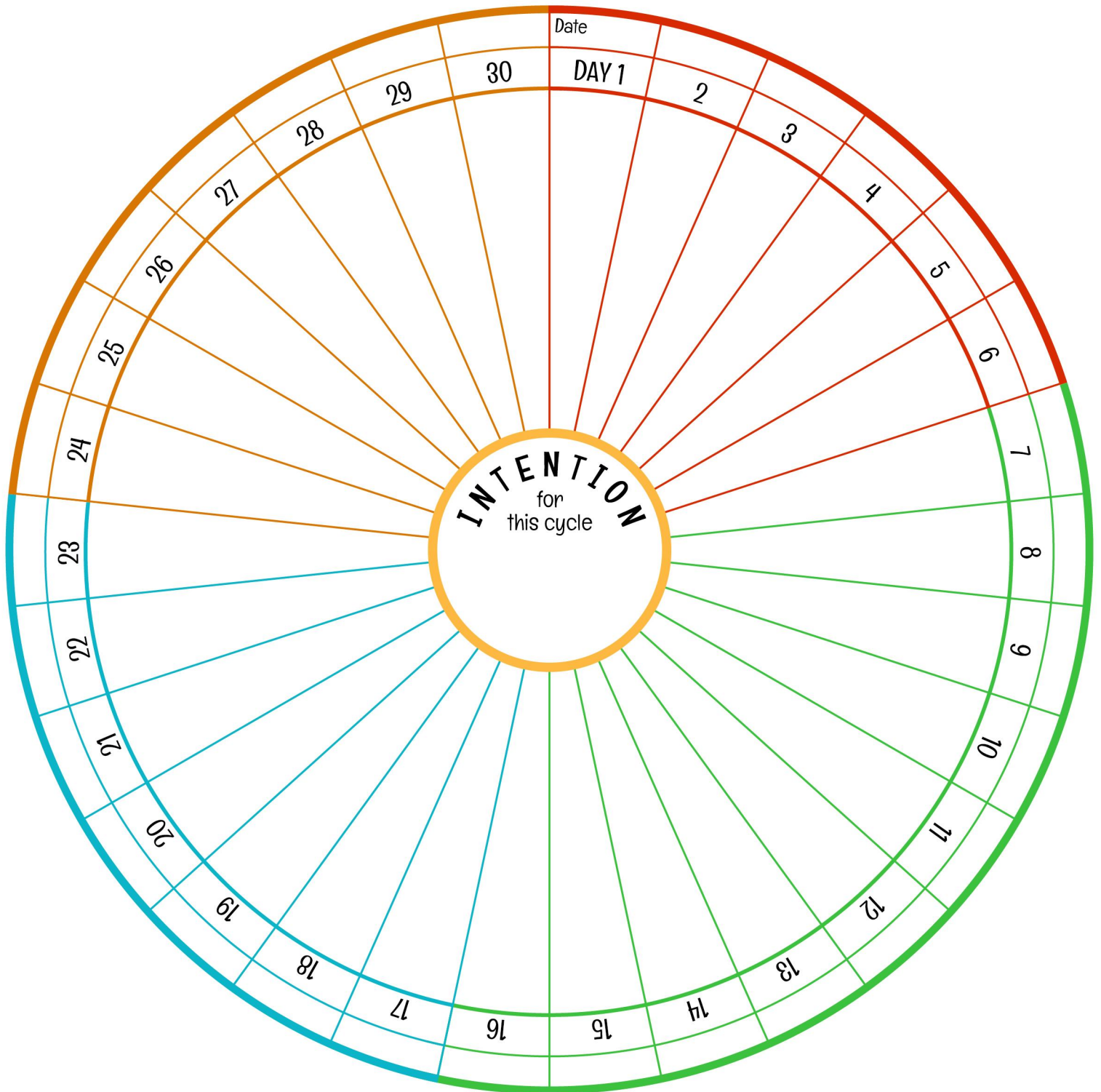
CHART YOUR CYCLE

◎ Day 1 = First day of your period = Start of a new cycle

◎ Set your intention for the cycle on Day 1

◎ Start with 3 words a day

◎ If you miss a few days, no problem – carry on when you remember

◎ Colour the outer circles to match YOUR Inner Season
   (can be red=Winter, green=Spring, blue=Summer, orange=Autumn)

◎ Mark the Full Moon and New Moon

◎ Look back every 3 or 4 months and highlight common words and
   patterns