



# CYCLE TRACKING

## 101

YOUR INNER CONNECTION  
COACH



## ABOUT ME

I am Lizzy, Your Inner Connection Coach.

I guide women home to themselves and in to their power.

I work with women who want more from their lives, to connect with themselves, ask the questions they haven't dared to ask and trust the answers. So that they can truly live!

Menstrual Cycle Awareness is at the core of my coaching philosophy!



# MY JOURNEY WITH MENSTRUAL CYCLE AWARENESS



I discovered Menstrual Cycle Awareness (MCA) back in 2018 – it came into my life at a time when in one breath my life was going very well. My career was on track, I was very much in love and was lucky to have great relationships and friendships in my life...

BUT, something was missing within me. I just couldn't get my head around why during some parts of the month I'd be my very best friend to myself and other times a total bully to myself. I couldn't understand why some days I could walk into a board room and hold my own, and yet just a few days later in the same scenario, even articulating myself in the most basic sense felt like a struggle.

And then, I discovered menstrual cycle awareness.

# I HAD LANGUAGE TO UNDERSTAND MYSELF

All of a sudden, I had a language and an understanding for all these parts of myself I held shame about. The shame that I wasn't 'always on', a 'super-woman'. I realised I wasn't one thing at all. I was many things.

The first gift that menstrual cycle awareness gave me was the practice of being in a relationship with myself. It gave me the language to understand myself. Suddenly, I was being curious – listening to myself, and hearing myself in a way that I'd never done before. Slowly, after time, I began to be able to give myself what I needed on any particular day & allow myself to express what needed to be expressed.

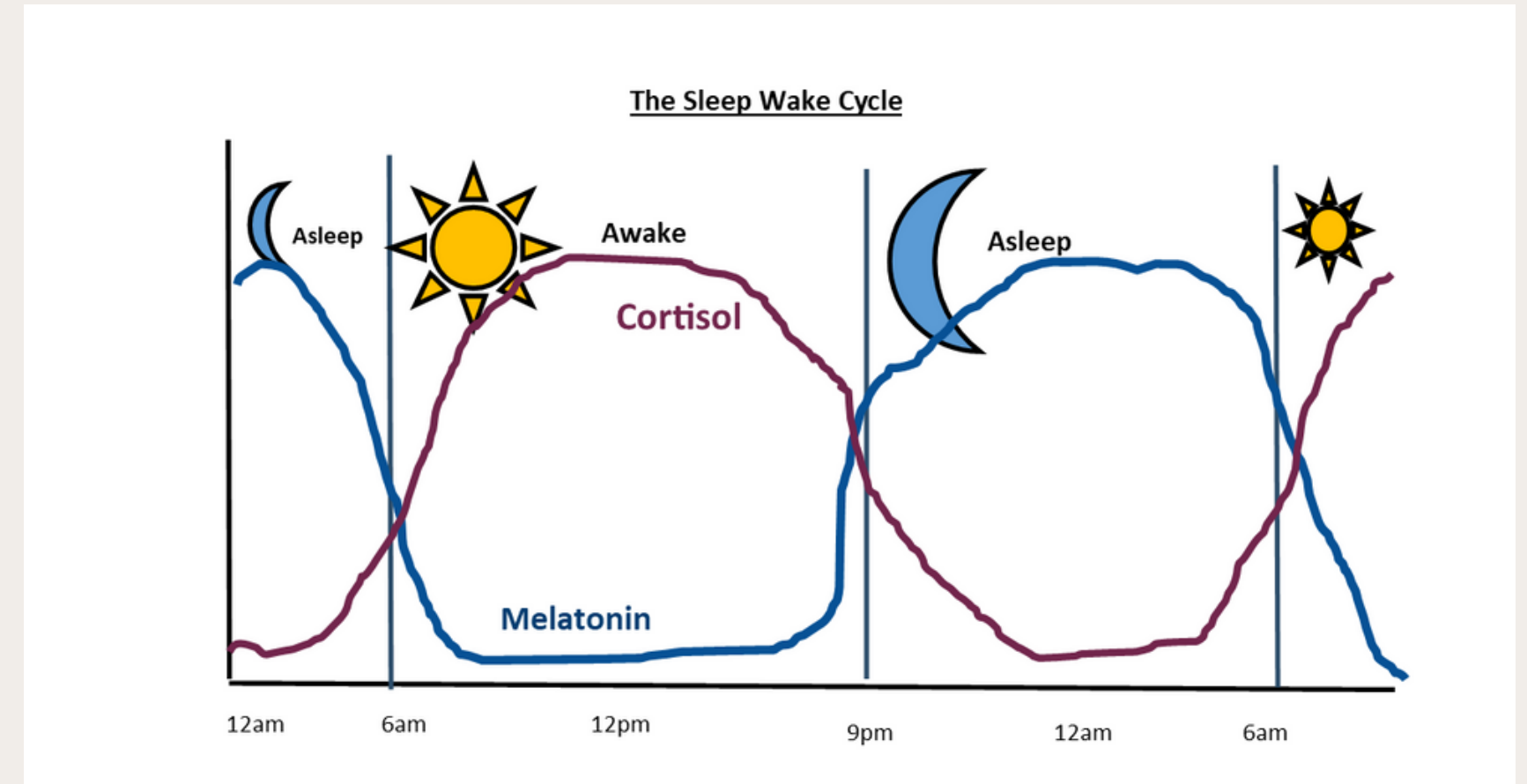
Menstrual cycle awareness has had an incredible impact on my life. I now have love, compassion and trust for myself. I can finally hear myself, hear my wisdom, and give to myself. For me, it's been life-changing.



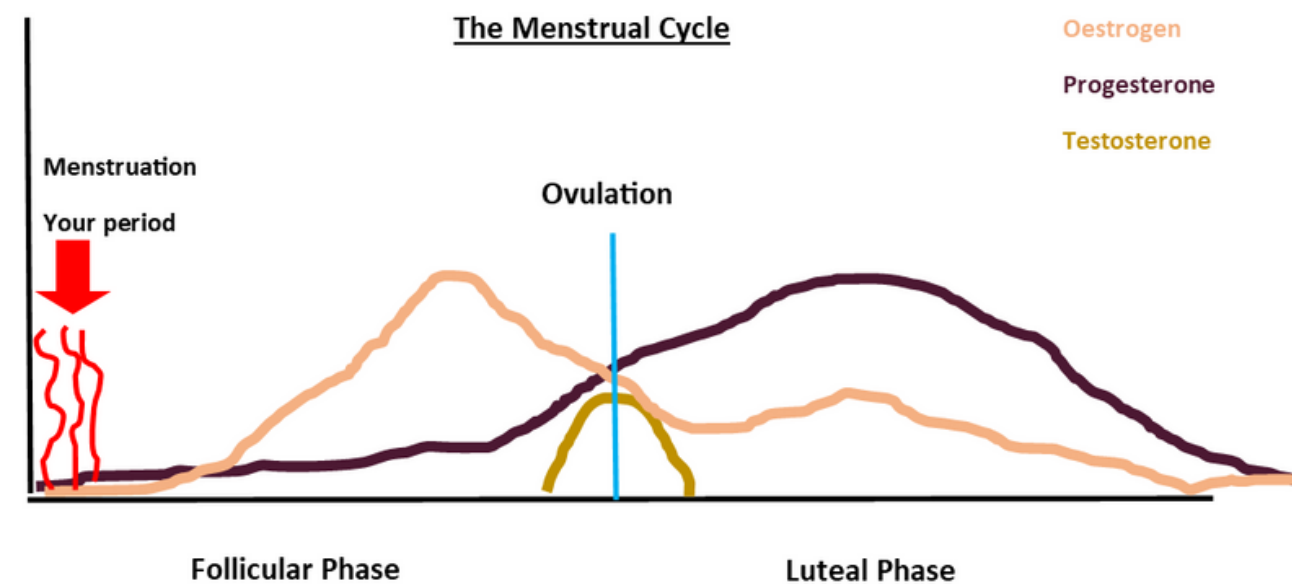


# WE ARE ALL CYCLICAL BEINGS

Just like our Sleep Wake Cycle, the Menstrual Cycle, is central to our livelihood & guides our everyday being. The sleep wake cycle known as our circadian rhythm is a 24 hour cycle & can be likened to the sun cycle. The menstrual cycle is on average 28 days, however a healthy menstrual cycle can vary from 24-36 days. This is known as our Infradian Rhythm & can be likened to the moon cycle which is 28 days.



Just like others who have a menstrual cycle, your hormones are different every day of your cycle. This means you think & feel different every day. How you show up, relate to yourself, to others & the world is different each day throughout the cycle. Your menstrual cycle is central to your energy, productivity, health & wellbeing, & influences your communication, creativity, intuition, critical thinking, decision making, motivation, collaboration and more. This is something to be celebrated and is superpower alive within us.



# CYCLE WISDOM

Your cycle gifts you so much wisdom and power!

- It brings you in to connection and relationship with yourself.
- It holds your unique, natural rhythm.
- It is where you will find deep self-trust and belonging.
- It will guide & enhance your intimate relationships, work relationships, friendships etc.
- It will unlock your life's work, your creative projects and MORE!

But to receive this wisdom and power you need to be living in relationship with your cycle and your body... and that starts with tracking your cycle...





# TRACKING YOUR CYCLE

Tracking your cycle is the foundation of your MCA practice. So how do you get started?

## Step 1

Open your calendar & go to the date of the 1st day of your last period. That was your day 1.

## Step 2

Count forward from that date to today.  
That number is what cycle day you are on today.



## Step 3

Write that number down eg. Cycle day 11

## Step 4

Your cycle check in.

- Think about YOU today
- How are you feeling?
- What energy is present for you today?
- What atmosphere is alive inside of you today?
- Pick 1,2 or 3 words to describe you today

Write those down

# CONGRATULATIONS!

You have just completed your first cycle check in!

This is the foundation of your MCA practice

- By doing this daily, you will connect with yourself in a way that you haven't previously.
- You will begin to LISTEN to yourself differently.
- You will begin to HEAR yourself differently.
- Over time you will begin to notice patterns that are self-knowledge gold.
- You will begin to notice patterns that will hold you in life.
- You will connect with your wisdom & your power.

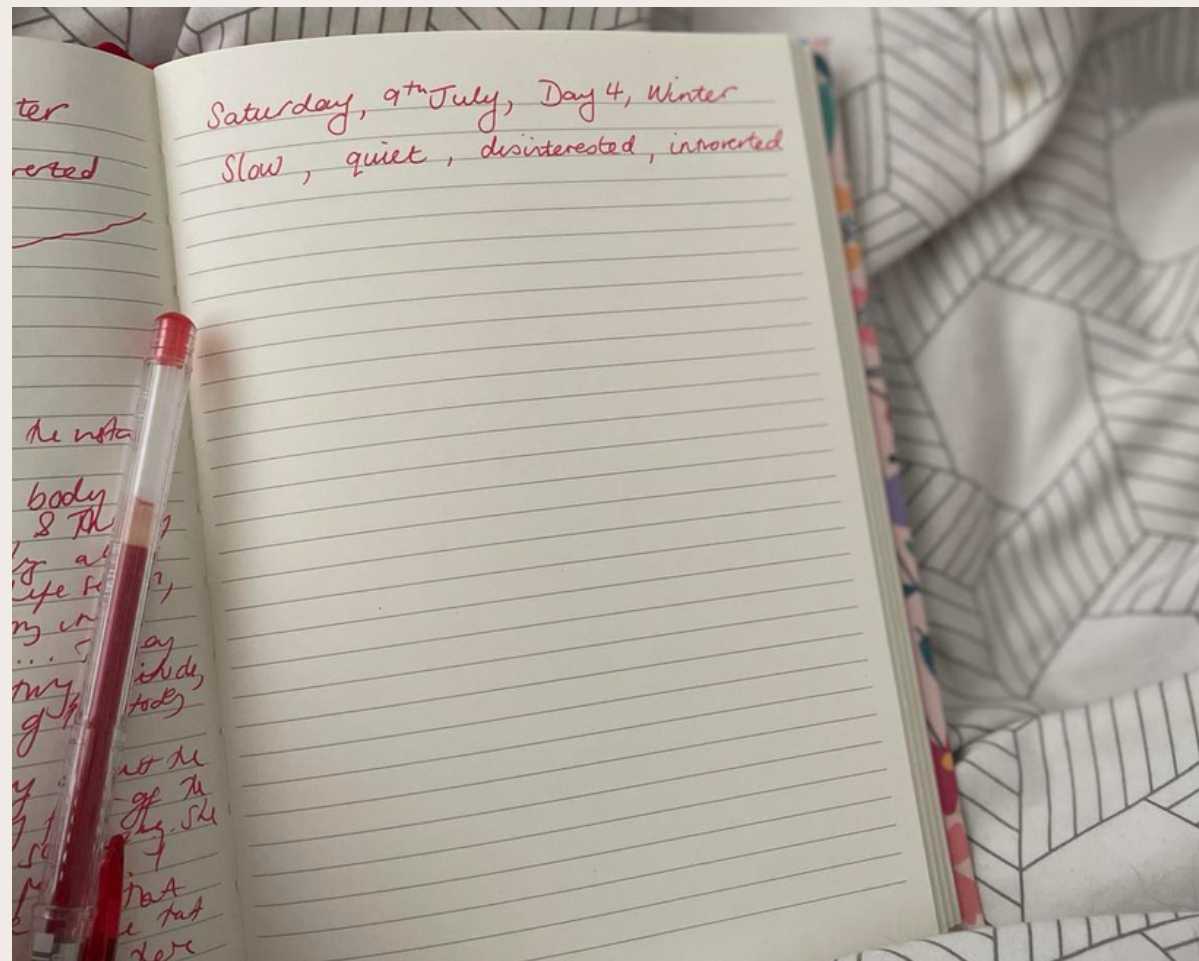
## Slow Down

To listen  
To hear  
To honour

@yourinnerconnectioncoach

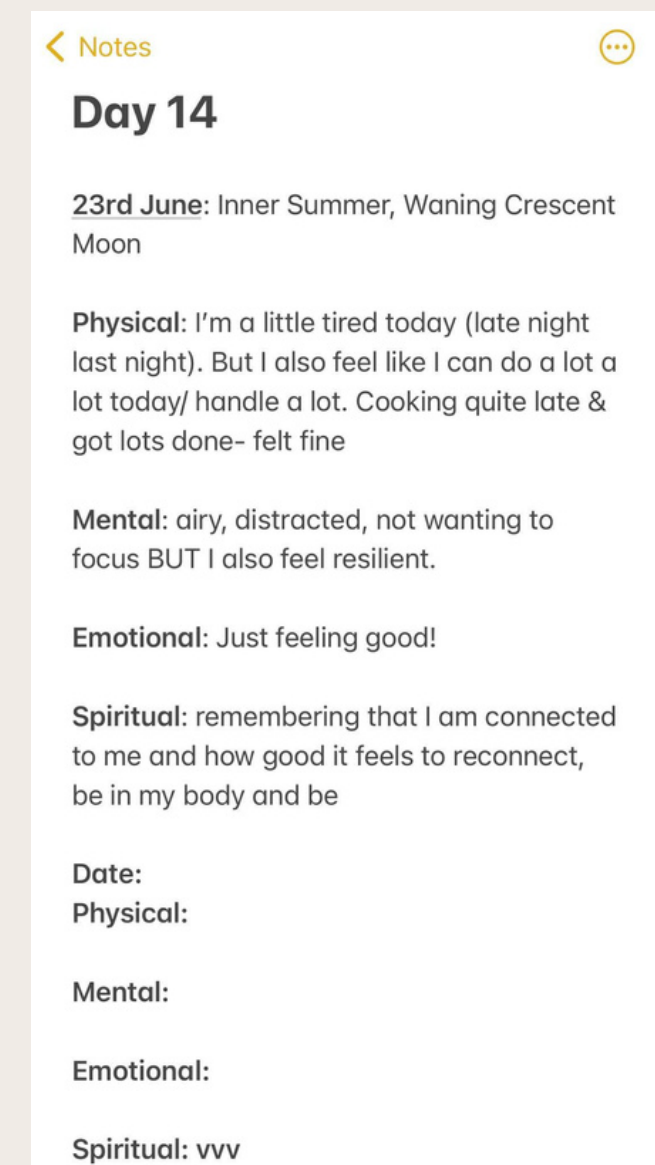


# METHODS TO TRACK YOUR CYCLE



- Pen to paper – I am a pen to paper girl who loves to journal so I incorporate my cycle tracking in to my journaling practice
- Cycle Map
- Apps such as clue

- The Four Bodies structure- How do you feel physically, mentally, emotionally, spiritually?
- Keeping track in your phone (see below)





## Apps



- Get creative & find what works for you- I have clients who use stickers, draw pictures, leave themselves voice notes
- If you are focusing on a particular area in your life you can focus on that eg. how you feel creatively, your confidence, your inner critic





# I AM SO EXCITED FOR TO START YOUR MENSTRUAL CYCLE PRACTICE

To deepen your connection with yourself.

To come home to yourself.

Come join my FB group Your Inner Connection Circle and share how you are getting on.

Connect with me on Instagram @yourinnerconnectioncoach