



YOUR WOMB
IN
SEASONS

JAQUEMICH

YOUR WOMB IN SEASONS

Every 4-7 days take some time for yourself to reflect on the following questions. This will help you monitor where you are within your feminine being and get in touch with the natural order of your cycle. I highly recommend getting a separate journal for this so that you have a series of pages where you can look back with ease.

What needs do I have right now:
Emotionally, mentally, sexually, physically, spiritually?

What difference am I noticing between
this week and last week?

Am I feeling social or do I need more alone time right now?

What about this phase of my cycle do I enjoy?

What about this phase in my cycle can I surrender into?

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My energetic level:

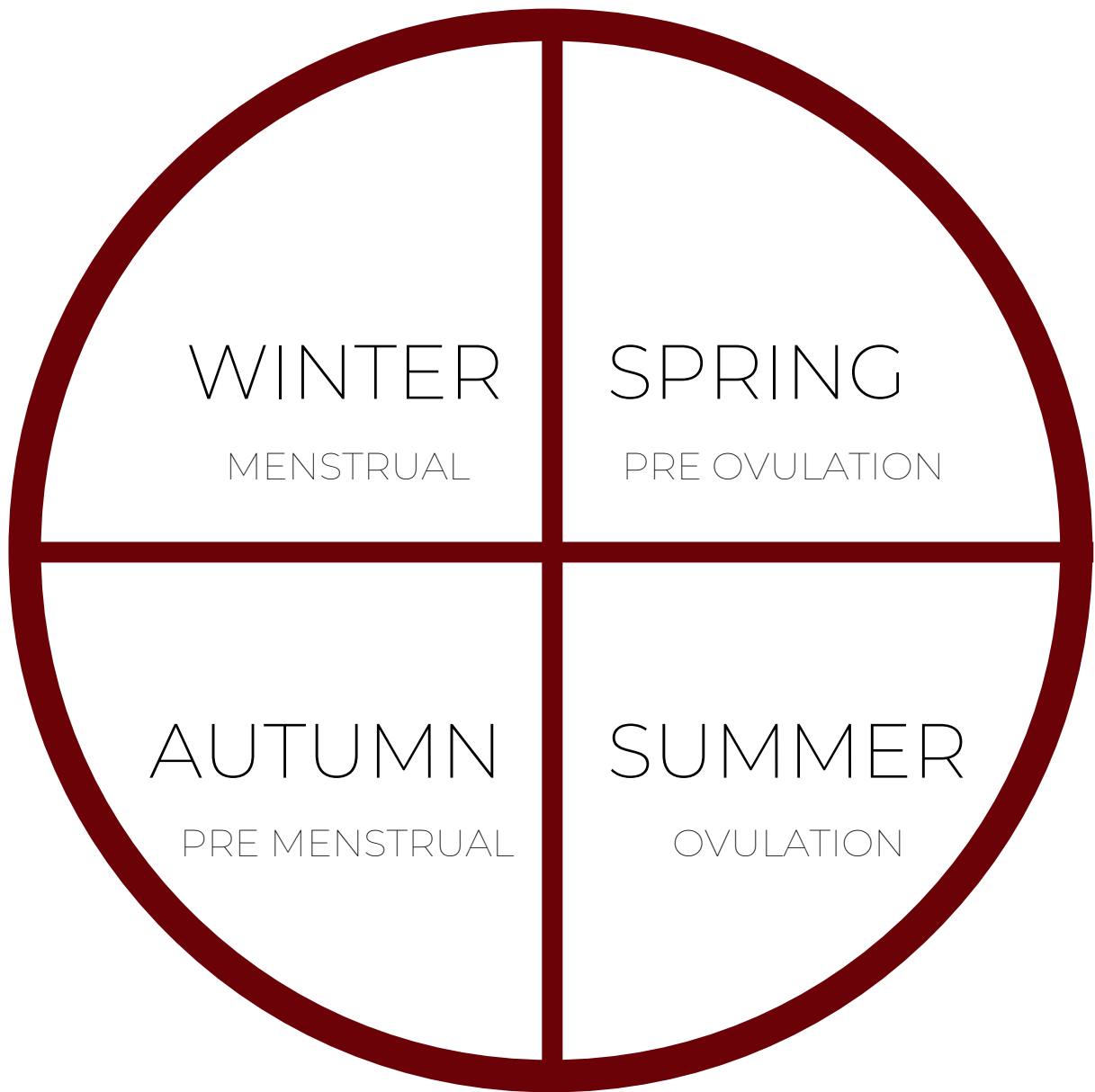
My flow of creativity:

My state of arousal:

My emotions are feeling:

My appetite is:

WRITE A SERIES OF KEYWORDS TO DESCRIBE EACH
SEASON YOUR BODY TRANSITIONS THROUGH



THIS WILL SUPPORT YOU IN UNDERSTANDING WHERE YOU ARE
HORMONALLY, ENERGETICALLY, PHYSICALLY, MENTALLY,
EMOTIONALLY, SEXUALLY



YOUR
WOMB HOLDS
WISDOM

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