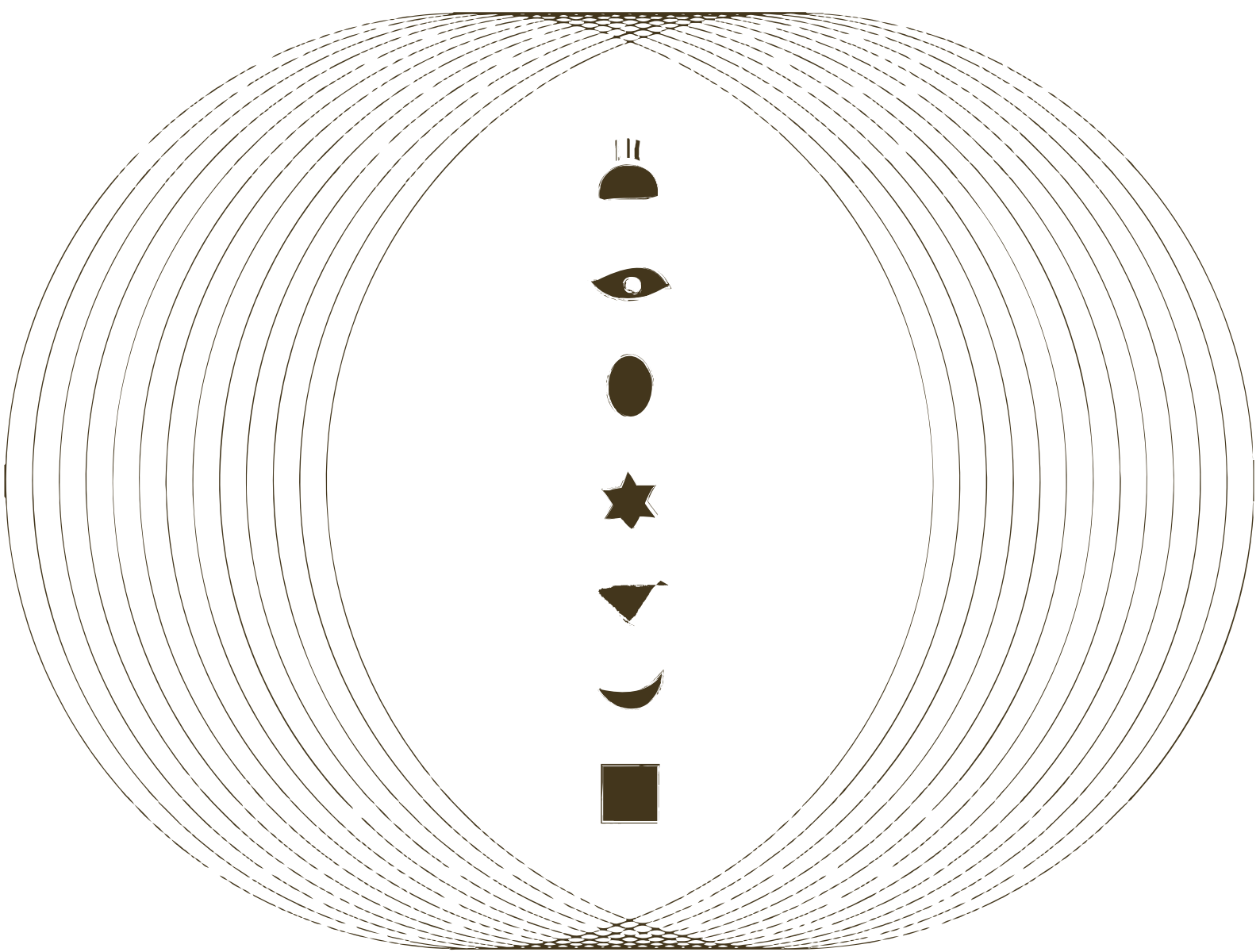






FULL MOON



NEW MOON



BLEEDING



SPOTTING



SIGNS OF OVULATION



DAY OF CYCLE



INCREASING ENERGY



DECREASING ENERGY

NOTE:

MOOD, EMOTIONS, SKIN,
PAIN, CREATIVITY, AROUSAL

JAN

FEB

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2024

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BLEEDING



SPOTTING



SIGNS OF OVULATION



DAY OF CYCLE

1, 2, 3

INCREASING ENERGY



DECREASING ENERGY



MOOD, EMOTIONS, SKIN,

NOTE:

PAIN, CREATIVITY, AROUSAL

FULL MOON



NEW MOON



RHYTHMKEEPER

JUL

AUG

SEP

2024

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BLEEDING

SPOTTING

SIGNS OF OVULATION

DAY OF CYCLE

INCREASING ENERGY

DECREASING ENERGY

MOOD, EMOTIONS, SKIN,

PAIN, CREATIVITY, AROUSAL

NOTE:

FULL MOON

NEW MOON

2024

FULL MOON	NOTE:	MOOD, EMOTIONS, SKIN,	▲ INCREASING ENERGY	★	SIGNS OF OVULATION	● BLEEDING
NEW MOON		PAIN, CREATIVITY, AROUSAL	▼ DECREASING ENERGY	1, 2, 3	DAY OF CYCLE	●● SPOTTING

RHYTHMKEEPER

EXCITED

Amazed
Confused
Startled
Shocked
Afraid
Energised
Eager
Surprised
Uncertain

LOVING

Aroused
Included
Grateful
Sensitive
Intimate
Hopeful
Inspired
Trusting
Optimistic
Open
Sensual
Social
Connected

HAPPY

Playful
Cheeky
Content
Free
Joyous
Inquisitive
Interested
Curious
Successful
Proud
Confident
Aroused
Respected
Valued
Radiant

Fulfilled

Playful
Grateful
Included
Powerful
Courageous
Creative

ANGRY

Betrayed
Let down
Humiliated
Bitter
Resentful
Disrespected
Uncertain
Violated
Jealous
Provoked
Frustrated
Withdrawn
Numb
Irritated
Judged

SAD

Hurt
Lonely
Depressed
Vulnerable
Embarrassed
Disappointed
Inferior
Guilty
Powerless
Remorseful
Abandoned
Isolated
Victimised
Fragile
Grief
Hopeless

ICK

Disgusted
Critical
Embarrassed
Appalled
Revolted
Ashamed
Horrificed
Hesitant
Repelled

FEARFUL

Helpless
Frightened
Overwhelmed
Worried
Inadequate
Inferior
Insecure
Worthless
Insignificant
Excluded
Rejected
Nervous
Threatened
Exposed

BAD

Bored
Overstretched
Unappreciated
Stressed
Tired
Indifferent
Rushed
Apathetic
Pressured
Overwhelmed
Out of control
Scattered
Restless