



## THE 5-POINT PENTACLE OF HORMONAL HEALTH AND CYCLE MAPPING GUIDE

How to start working with your menstrual cycle in five simple steps.

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# WELCOME BEAUTIFUL QUEEN

I'm so excited that you've taken this first and HUGE step in committing to working with your incredible menstrual cycle.

If you're reading this, you've likely acknowledged that living in tune with your cycle is the most natural state of being. You resonate with the message that we're cyclical creatures, and you want to find out more.

Well let me tell you, you're absolutely in the right place!

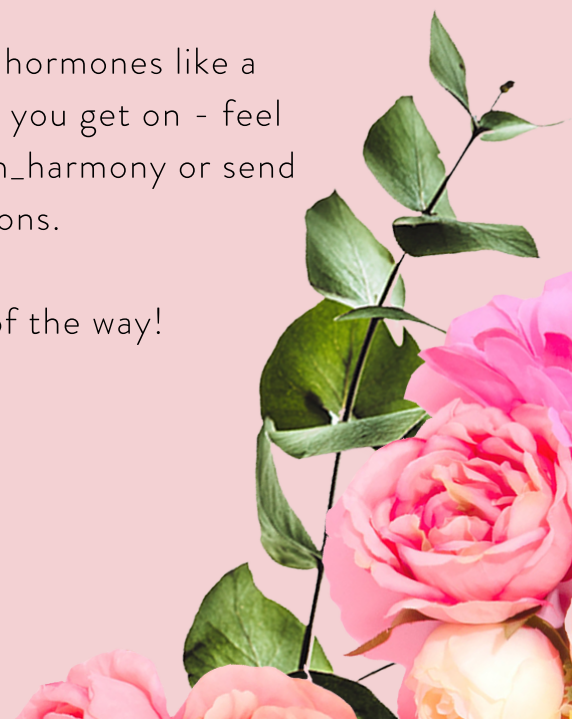
I've worked in the field of women's health for over 10 years, and I can hand on heart say, what a powerful self-coaching tool your menstrual cycle can be if you reconnect with the wisdom of your womb and realign with your hormones.

I would love for every woman on the planet to work with her cycle's wisdom, which is why I wanted to share with you the simple five-step process that I love using every month. It's straightforward, free and can take less than 30 seconds a day - what's not to love?

My five simple steps will help you handle your hormones like a goddess! I seriously cannot wait to find out how you get on - feel free to message me on Instagram @hormones\_in\_harmony or send me an email if you have any questions.

I'm here cheering you along every step of the way!

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## MY 5-P-PROCESS TO BETTER PERIODS

As I said, the method isn't complicated. It should take less than 30 seconds a day! The important thing is that you follow ALL FIVE STEPS ...DO NOT skip any of them (especially the last two as that's where the magic happens).

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#### PICK

Choose HOW you're going to map your cycle:  
App? Diary? Notebook? Menstrual wheel?

Choose whatever you resonate with most and whatever's going to work best for you. There is no right or wrong way. Over time you might feel called to using another tool, that's fine too. (In the video I go into a bit more detail on the different ways of mapping your cycle AND I reveal my current favourites).

### 2

#### PINPOINT

Work out what day of your cycle you're in and start tracking.

Day 1 is the first day of your period - so either wait until you get your next period if you're unsure when your last period started or go back over your diary and count forwards. It is that simple. The important thing is to start as soon as you can. More juicy details on how to begin tracking are in the video.



# 3

## PERSONALISE

Decide WHAT you're going to track:  
Mood? Energy? Symptoms? Sleep?

The trackable details can change over time, but I would recommend starting with the same 3-4 things. If you're using an app, they often have symptoms you can tick (although remember it's not always about symptoms). And if you're pressed for time or feel intimidated by this just write down one word. You'll be surprised how empowering this can be!

# 4

## PATTERNS

Look back on the month, do you see any patterns emerging?

This step is crucial...please don't skip it!! I beg you!!! Identifying patterns or themes month-on-month is where the magic happens.

For example, I never realised that I always felt exhausted on Day 10 until I started tracking. Day 10 is generally a day of energy and enthusiasm for most women; why not me? It wasn't until I sat down and looked at what I had recorded that I realised I would need to start being gentle with myself on this day.

The video will give you more information on WHEN and HOW I like to do this mini reflection.





# 5

## PRIORITISE

Ask yourself what **THREE** changes can you make next month? Make sure you create a reminder in your diary, so you don't forget!

Like I said, after a few months of tracking, I noticed my energy on Day 10 would plummet. The following month, I committed to blocking time out in my calendar to rest **AND** not take any client calls on Day 10 (serving my clients is always done best when I feel good). And guess what? I felt soooo much better!!

# 6

## BONUS STEP: TAKE ACTION

Now you know what the steps are, it's time to put things into action.

I've prepared some prompts below to help you get crystal clear about your next steps. I don't want anything to stop you from tracking and working with your cycle! I also recommend you head over to watch the little video I've made for you – I share some juicy titbits on how I like to implement the process which might help spark some ideas in you and hopefully get you inspired to start tracking **TODAY!**

# QUESTIONS TO GET YOU CRYSTAL CLEAR

What method am I going to use to track my cycle?  
Which style am I most drawn to?

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What day of my cycle am I currently in?  
(watch the video if you need more clarification)

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What do I want to start tracking? What's important to me?  
(Popular things to track are energy levels, mood, cravings, sleep)

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When am I going to set aside some time to reflect on the patterns of the month? How am I going to reflect on it?

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How am I going to make sure I actually put these new changes in place? What would be the best way to remind myself?

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Come back to these questions every time you need to reconnect!

