



INNER SUMMER

Ovulatory phase cycle book

Reconnect WITH YOUR CYCLE WISDOM

The Healthy Hormone Club
Membership



Ovulatory phase *superpowers*



These are a few characteristics of the ovulatory phase. This is a guide to help you reconnect with your cycle. Feel free to make your own observations and add them to the list.

- ★ Very social
- ★ Energised
- ★ Best time for important conversations at work, with your partner or friends
- ★ Interactive
- ★ Focus on appearance and feeling good
- ★ Increased communication skills
- ★ Outward focused
- ★ Loving and nurturing
- ★ Receptive to others



Cycle check-in: What am I experiencing?

Mindful movement



Your ovulatory phase is a great time to have fun and sweat with friends. You will have more energy to push yourself further, so run, cycle, walk more or do a kick boxing class. After ovulation however, start switching to more lower impact cardio and conditioning types of exercises.

Cycle check-in: How is my energy levels?

Syncing your worklife

This is great time to run the show! You can take this time to fly through tasks, have important meetings and do public speaking events. Your communication skills are on point and you will also receive others comments well



Cycle check-in: What am I experiencing?
