My Cycle, My Brain

Noticing how my hormones and my brain move together

Track two or three cycles to see your patterns. No cycle, or an irregular one? Track by week instead.

Fill in dots: ● 1 = easy ····· ●●●●● 5 = hard

	Period *days 1 to 5*	After my period *follicular phase*	Middle of cycle *around ovulation*	Week before *luteal, premenstrual*
Focus	○○○○○	○○○○○	○○○○○	○○○○○
Mood	○○○○○	○○○○○	○○○○○	○○○○○
Sensory load	○○○○○	○○○○○	○○○○○	○○○○○
Energy & sleep	○○○○○	○○○○○	○○○○○	○○○○○
Social battery	○○○○○	○○○○○	○○○○○	○○○○○

What I notice across my month:

Naming one need

For the phase that is hardest for you.

When I _____

I think _____

I feel _____

I want / need _____

I will _____

"When I" = what you notice through your senses: what you see, hear or feel in your body.