

The Four Phases:

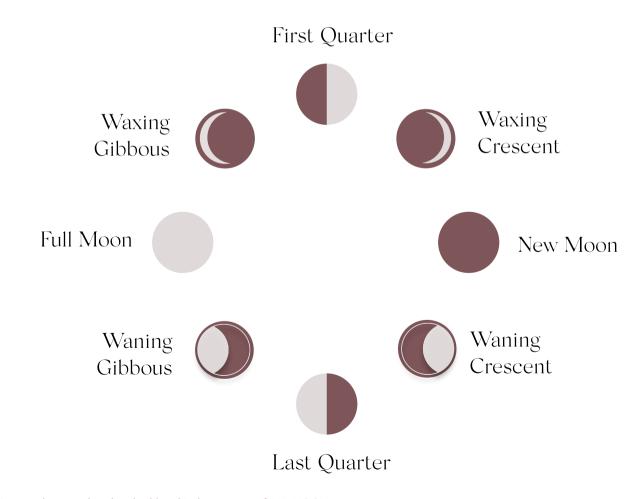
Menstrual (New Moon): Rest reflect and set intentions

Follicular (Waxing Moon): Begin taking action, initiate creative projects

Ovulation (Full Moon): Present be in front of people, collaborate. Shine.

Luteal (Waning Moon): Complete tasks, stay focused, finish projects

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January

February

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