

DECODE YOUR MENSTRUAL CYCLE PHASES TO BOOST PRODUCTIVITY



MENSTRUATION (3-7 days) -- New Moon

What's Happening: Uterine lining shed as menstrual bleed

Hormones: Estrogen Low, Progesterone Low -- Lowest sex hormone levels of your cycle.

Physical Energy: Low **Social Energy:** Low, introspective

Best Work: Assessing results, Analysis of what worked/what didn't, Decision-making

Take time for **INTUITIVE & ANALYTICAL ASSESSMENT** of your work, thanks to excellent communication between the right and left sides of the brain.

FOLLICULAR PHASE (7-10 days, starts when bleeding ends) -- Waning Moon

What's Happening: Body is preparing to release an egg

Hormones: Estrogen Rising, Testosterone Rising

Physical Energy: HIGH **Social Energy:** Consistently High

Best Work: Creative Projects, Brainstorming, Long-term strategic planning, Networking

This is the **MOST PRODUCTIVE** phase of your cycle! Often called "VENUS WEEK".

OVULATION PHASE (3-4 days) -- Full Moon

What's Happening: Ovulating

Hormones: Spike in FSH & LH, Estrogen High, Testosterone High then Drops at Ovulation

Physical Energy: ACUTE- pick up on twinges **Social Energy:** Peak

Best Work: Give presentations, Finalize details of projects, Any teamwork requiring clear communication, Negotiate with vendors

Your **BEST COMMUNICATION** of your cycle occurs in this short window.

LUTEAL PHASE (10-14 days) -- Waning Moon

What's Happening: Uterine lining thickens to prepare for implantation

Hormones: Estrogen Declining, Testosterone Declining, Progesterone Rising, Cortisol Rising at End

Physical Energy: Steady but declining **Social Energy:** Connected by turning introspective

Best Work: writing, tick off to-dos, admin, executing your plans from Follicular Phase

This is the time for **BEST EXECUTION** of your ideas.