



Flo28

Creativity / Productivity
Guide

Creativity / Productivity Guide



Just like food, exercise, and energy, your creativity and productivity also respond to the 4 phases of your cycle. Nature and the changing seasons around us follow a cycle of birth, growth, harvest, and rest. Your ovaries hold this same creation matrix and each month keep the timing of your own optimal creative process and productive ebb and flow. It's like having a built-in time management system, all dictated by your biochemistry!

This creative energy affects your work, your relationships, and any creative projects you might explore. When you learn how to cycle-sync your creativity, you can set yourself up for greater power and productivity and a more balanced flow. In other words, you'll keep your burnout tendencies in check, and partner with the natural creative cycles within you to bring your dreams to fruition.

guides for each phase of your cycle
begin on next page...

Here's a guide for each of the phases of your cycle:

Phase 1: Follicular

Spring/Waxing Moon/Emergence

The Focus:

Brainstorm, initiate, prepare, plan.

Using your newly budding energy during this phase, it's a great time to get new projects off the ground, to brainstorm a list of potential ideas, or to prepare yourself for the work you're wanting to do this month. Research, be curious, explore, interview people, take courses, gather resources and chart your strategy.

Phase 2: Ovulation

Summer/Full Moon/Visibility

The Focus:

Communicate, collaborate, expand, receive.

Using the dominance of your left brain to its advantage during this phase, it's a great time to speak and communicate your truth. Network, present ideas, pitch ideas, ask for a raise, be seen! It's also a great time to work in community and collaborate with other people. You are magnetic this phase, like the egg newly released from the ovary, sending out chemical signals that drive sperm to a frenzy to reach it first, observe how much serendipity happens during this phase as you stay centered in your desires and enjoyment.

Phase 3: Luteal

Autumn/Waning Moon/Culmination

The Focus:

Focus, details, deliver, completion, ground.

This is a great week for completing tasks and focusing on things that need to get done. Review what you started during the Follicular week to see what might need to be completed. Organize yourself and feel good about wrapping things up. Attend to your home, your finances, your administrative tasks. Don't procrastinate. Do your deep work. Feel how good it feels during this phase to get things done. Celebrate how powerful you are.

Phase 4: Menstrual

Winter/New Moon/Fertile Void

The Focus:

Stop, look, listen, integrate, evaluate, make space, set boundaries, let go.

This is the time to pause and evaluate all that took place during the month and get real about how it went for you. How do you feel about your creative/productive process? Because your brain hemispheres share more communication during this phase, you're more able to synthesize facts and feelings about situations. Listen for the Truth of what you Know and trust your instincts. Spend time journaling, reviewing, and noting what you might need to let go of, and what you might need to shift in the coming month. Keep this wisdom in mind as you enter the next phase and plan your new month.



Keep track of your process and how you're feeling in your Daily Tracker and report in on the online community!