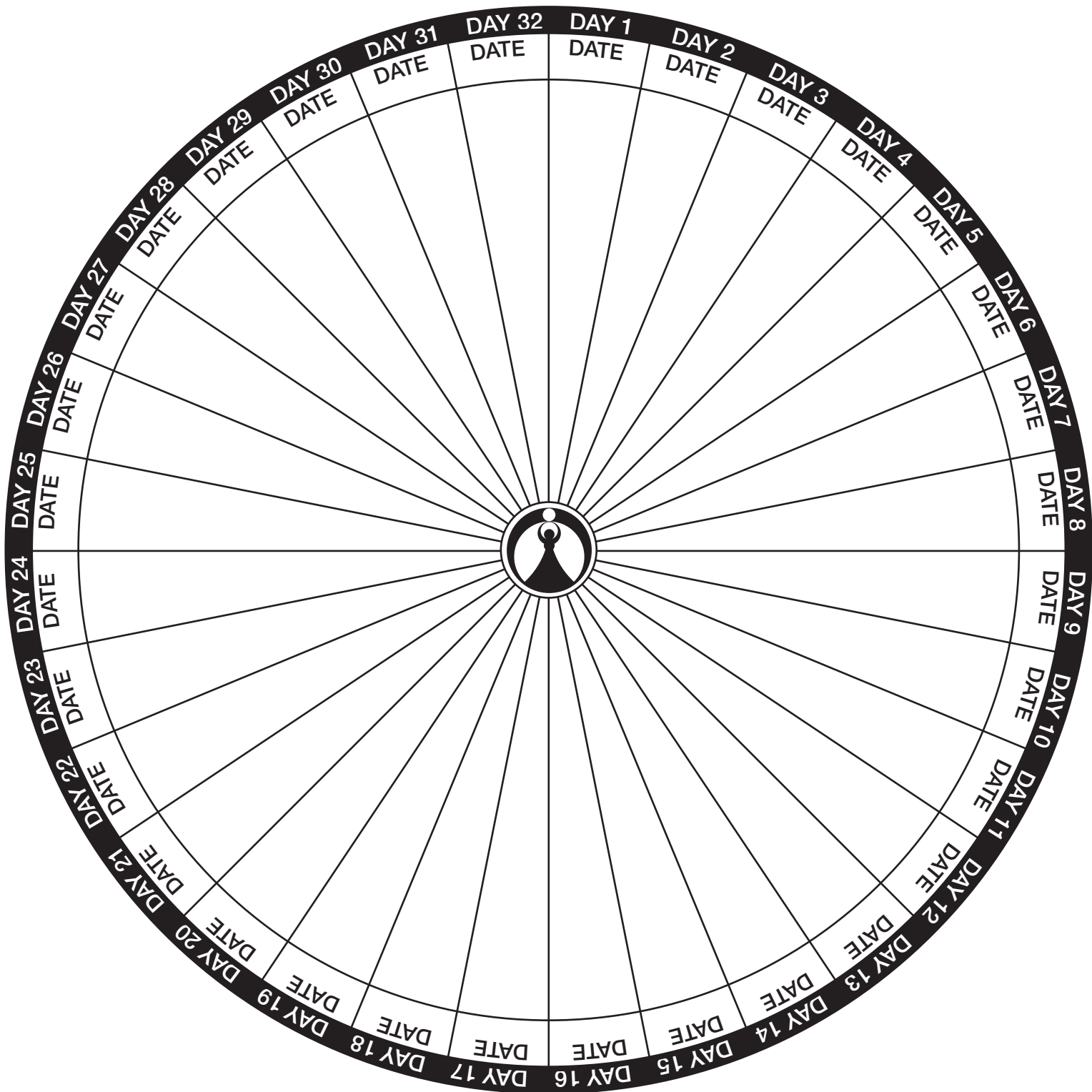


# Cycle Awareness Wheel



Each day focus your awareness within.

Mindfully observe your general underlying emotions, thoughts and bodily sensations.

What are your general energy levels?

Have you noticed any physical bodily changes?

Did you have any "big" dreams?

What is the phase of the moon?