

# THE CYCLICAL LIVING GUIDE

Reclaim Your Rhythm. Reclaim Your Power.

## A Note Before We Begin

If you have ever called yourself inconsistent...If you have ever wondered why you can feel magnetic one week and deeply introspective the next... If you have ever tried to force productivity when you really just needed to rest... This is for you. You're not broken. You're not a massive flake. You are cyclical.

## The Lie of Linear Living

We have been taught to operate like machines. Consistent, always available, upward-trending, always on. But your body does not work in straight lines. Your energy does not move in straight lines. Your creativity does not move in straight lines. You move in cycles. Especially for those of us who were born with a womb space and periods.

When you ignore that, you leave yourself far more open to burnout because you're overriding your nervous system. When you judge that, you disconnect from yourself. And look, I know it isn't always easy in this always-on world, so it's about finding a rhythm that works for you and your life, as it is right now.

Cyclical living is not about doing less, either. It is about doing the right thing at the right time in the right way for you (that last part is the most important).

It is about working with your natural energy resources instead of against it.

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## **Understanding Your Inner Seasons**

Across a typical menstrual cycle (around 28 days, though yours may differ), your hormones shift. These hormonal shifts influence:

- Energy
- Confidence
- Social capacity
- Boundaries
- Creativity
- Decision-making
- Emotional processing

Instead of resisting those shifts, we work with them. Now, not everyone reading this has menstrual cycles. Perhaps you have gone through menopause or you have never experienced menstrual cycles. You are still an energetic being, and you can tune into the seasons or the moon cycles instead. For the purpose of this guide, we will focus on the menstrual cycle, but there are various different options available in the Beyond Palatable book.

**Think of your cycle as four inner seasons.**

1. Winter
2. Spring
3. Summer
4. Autumn

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**INNER WINTER**  
**(Menstrual Phase)**  
**Days 1–5 (approximately)**

**Energy:** Low

**Nervous System:** Sensitive

**Strength:** Clarity

**Superpower:** Truth

This is not your weakest phase. It is your most honest one. During menstruation, oestrogen and progesterone are low. Your body is shedding. Your mind often becomes sharper. You see through the BS.

**Best For:**

- Reflection
- Reviewing what's working and what isn't
- Strategic decisions
- Saying no
- Honest conversations (when grounded)
- Planning the month ahead

**Not For:**

- Launching something new
- Big social events
- High-output tasks
- Performing for others

**Questions to Ask Yourself:**

What feels heavy right now?  
What truth have I been avoiding?  
Where am I overcommitted?  
What needs to end?



**INNER SPRING**  
**(Follicular Phase)**  
**Days 6-12 (approximately)**

**Energy:** Rising  
**Nervous System:** Curious  
**Strength:** Vision  
**Superpower:** Ideas

Oestrogen begins rising. You feel clearer, lighter and more open to new ideas. This is your ideation window.

**Best For:**

- Brainstorming
- Starting new projects
- Mapping content
- Planning launches
- Learning
- Networking gently
- Creative thinking

**Not For:**

- Overcommitting to everything that excites you
- Inner Spring can make everything feel possible. This is beautiful, but discernment matters.

**Questions to Ask Yourself:**

What wants to begin?  
What feels exciting?  
Where can I experiment without pressure?  
What am I curious about?



**INNER SUMMER**  
**(Ovulation Phase)**  
**Days 13-16 (approximately)**

**Energy:** High

**Nervous System:** Socially open

**Strength:** Magnetism

**Superpower:** Visibility

Oestrogen peaks. Testosterone rises slightly. You often feel more confident, articulate, outward-facing. This is your visibility window.

**Best For:**

- Launching
- Filming content
- Public speaking
- Sales conversations
- Hosting events
- Networking
- Pitching
- Having important conversations

**Be aware of:**

Overexposure. Overextending. Saying yes to too many requests because you feel powerful.

**Questions to Ask Yourself:**

Where do I want to be seen?

What am I proud of?

What am I ready to say out loud?

What conversation have I been avoiding?



## INNER AUTUMN

(Luteal Phase)

Days 17-28 (approximately)

**Energy:** Steady, then declining

**Nervous System:** More sensitive

**Strength:** Discernment

**Superpower:** Boundaries

Progesterone rises. You may feel more inward. More analytical. Less tolerant of nonsense. This is your editing phase. By the way, you're not being 'moody,' you just get less tolerant of other people's Tom fuckery.

### Best For:

- Refining work
- Editing content
- Tightening systems
- Completing tasks
- Boundary setting
- Honest feedback
- Cleaning and organising
- Reviewing commitments

### Be aware of:

Harsh self-criticism. Irritability without processing. What feels intolerable here is often information.

### Questions to Ask Yourself:

- What needs trimming?
- What is no longer aligned?
- Where am I resentful?
- What boundary is overdue?



# Planning Your Life Around Your Cycle

Instead of forcing consistency, you'll begin strategic alignment

## **Step One:** Track for 3 Months

Notice:

- When you feel most social
- When you crave solitude
- When you feel confident
- When you feel reflective
- When conflict feels easier
- When you want to hide

Patterns will emerge. What are they? Notice.

## **Step Two:** Align Tasks

Winter: Reflect + decide

Spring: Plan + ideate

Summer: Deliver + be visible

Autumn: Refine + set boundaries

## **Step Three:** Build Margin

You are not meant to operate at Inner Summer intensity all month, you need to give yourself time to go inwards to nourish and regenerate to bloom again with your best ideas and fullest expression of self.

