

The Hormone Plan



OUR HORMONES ARE A SUPERPOWER

I believe we were put on this earth and given hormones for more reasons than to experience PMS, have a period, make babies (if you want) and then go through menopause. So, shouldn't our hormones do more for us?

They're about to.

Use this planner throughout our course to map your cycle with regard to your energy, your focus, and the impact you can have on the world. You already have everything you need to design a life that fulfills you, feeds your soul, and catapults you to the best life, on your terms.

This planner will help you maximize your potential to its fullest.

Each phase of your hormonal cycle can be harnessed for good. The next few pages will walk you through it. I encourage you to, at the start of every hormonal cycle (day 1 - your period), use this to design the rest of your cycle.

You won't believe how it feels to have your body working for you.

Please note, these are not hard and fast rules – life is just not that neat and tidy! Think about these principles as intentions for the different phases.

See you soon, Superwoman

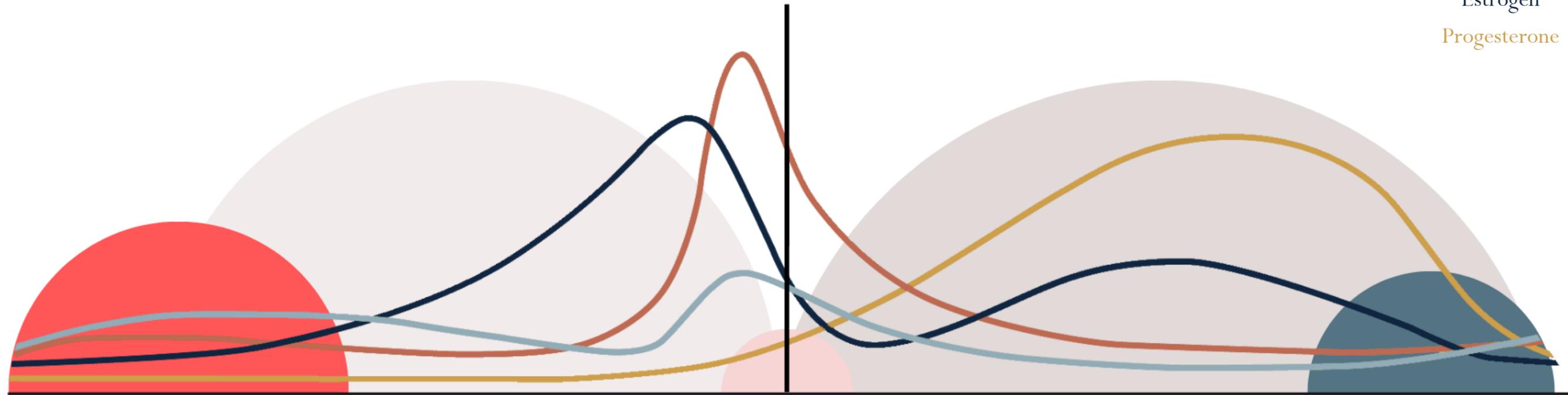
the hormones

FSH (Follicle Stimulating Hormone)

LH (Leutenizing Hormone)

Estrogen

Progesterone



where it all sits

