



CYCLESYNC YOUR DREAM LIFE

The Method

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made by

CycleSync Coach

Caroline

5-STEP FRAMEWORK



Summary

Notice → Learn → Chart → Implement → Build

- **Notice** (daily 1-minute check)
- **Learn** (the 5-phase map)
- **Chart** (pick 3 trackers, daily 1-2 mins, weekly 10 mins)
- **Implement** (phase-specific micro-experiments, 4-12 weeks)
- **Build** (vision → systems → team → KPIs → productize)

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NOTICE

& Observe

What it is: daily, low-effort attention to bodily/mental changes (no measurement required).

Objective: increase interoceptive awareness so you stop auto-ignoring patterns.

*Noticing is the skill that precedes tracking
or “knowing the science.”*



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LEARN

Knowledge

What it is: practical knowledge about the five phases (Menstrual → Follicular → Ovulatory → Early Luteal → Late Luteal) and typical energy/task patterns.

Objective: to give a minimal mental model to translate sensations into patterns.

The knowledge is the map to get there - it is through experience that the transformation happens

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CHART

& Measure

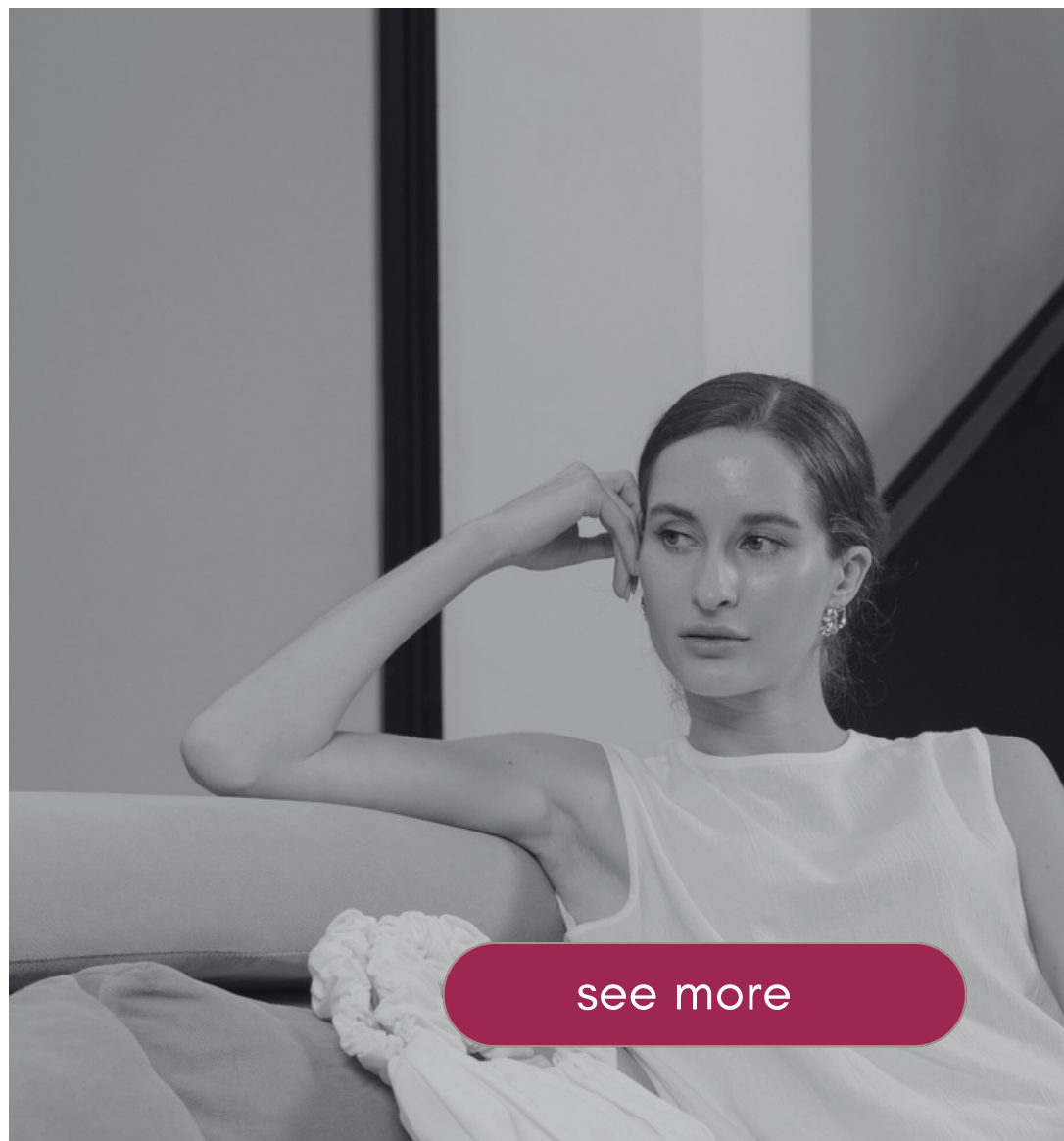
What it is: purposeful charting (not just period dates) — symptoms + performance markers tied to goals.

How to choose what to chart: pick 3 primary signals that matter for your goal (e.g., mood, focus, sleep quality OR diet, libido, acne,...).

*Method:
daily 1-2 minute
check (1-5 scales)
+ weekly 5-10 min
reflection*

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IMPLEMENT

& Convert

Goal: convert patterns into small, testable changes and systems that fits your life and work.

- Define a clear goal (productivity, energy, relationship, revenue/money).
- Choose 1-2 interventions per phase (small, measurable).
- Run a 1-3 cycle micro-experiment (4-12 weeks) with pre/post measures.
- Review + iterate



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BUILD THAT DREAM LIFE

What it is:
long-term
integration —
aligning life
design, business
model, and
leadership with
cyclical reality.



The Future is Cyclical