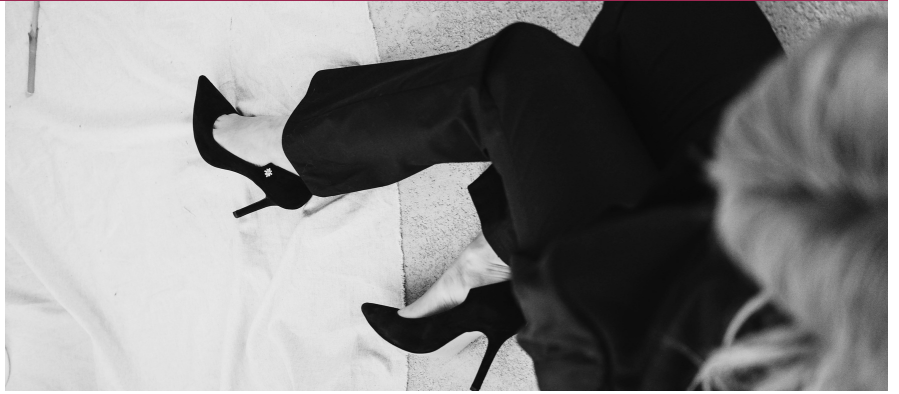


How to turn your cycle into *your* superpower

5 PHASES GUIDE



People are out here biohacking with sleep, supplements, and cold plunges... but as a woman*, **your most powerful biohack** isn't external — it's your **menstrual cycle**. It's your built-in dashboard for **energy, clarity, and performance**. And it's time to start using it!

*„Not all women menstruate, and not all menstruators are women” (Bobel, 2010: 158), as trans-, non-binary or gender-neutral people can bleed monthly.

I graduated in European Law and spent years working in international relations, marketing, and business development, with a successful career in association management in Brussels and Paris.



Incorporating cycle awareness into my life was *a game-changer*. It's not only helped me align more deeply with my true self but has also been a key factor in my success today.

I am Caroline

The CycleSync Coach

It's time for me to share what you need to know to harness your cycle and *achieve the success you deserve*.

The 5 Phases of Power

To truly understand how to win with your cycle, you need to know the five phases that make it up.

Each phase is like a season, bringing its own energy, mindset, and opportunities. Here's your roadmap to dominating **each one!**

Ovulation Phase

(typically around day 14)

What's happening?

Estrogen and testosterone peak, and an egg is released. This is your most fertile phase—biologically, socially, and professionally.



Your superpower

Magnetism. Confidence, sociability, and communication skills are at their highest. You're articulate, charismatic, and magnetic.

How to win?

This is the time to schedule high-stakes activities like presentations, networking events, and sales pitches. Your energy and confidence are off the charts, so lean into it.



Early Luteal Phase

(the first days following ovulation)

What's happening?

After ovulation, progesterone dominates, while estrogen levels decline after an initial post-ovulatory rise. You may still feel fairly energized, but your body is shifting inward.

Your superpower

Balance. Your attention to detail and ability to follow through make this the perfect time for finishing tasks and tying up loose ends.

How to win?

It's an ideal time to transition from high-output tasks into more structured planning and detail work. Prioritize to-dos, pace yourself, and set clear boundaries — balancing productivity with emerging emotional sensitivity.

You're entering a phase of grounded power — steady, thoughtful, and quietly effective.

What's happening?

If no fertilization happened, progesterone at its peak earlier, will start declining as well as estrogen. Your energy is turning inward, and PMS symptoms may surface. Emotionally and physically, your body is asking for space, stillness, and honesty.



Deep Luteal Phase

(length: 5–7 days after early luteal)

Your superpower

Reflection. You have heightened emotional and intuitive awareness. This phase helps you see things as they really are — and recognize what no longer aligns.

How to win?

Begin slowing your pace and creating space for yourself. Use this time to tie up loose ends, declutter mentally and emotionally, and say no to anything that drains you.

Prioritize gentle structure, nourishing routines, and solo time to reflect, process, and reset before a new cycle begins.

Menstrual Phase

(length: 4-7 days)

What's happening?

Even if a cycle doesn't have a starting point or ending, to make it easy and in the literature, the first day of bleeding marks the start of your cycle. Hormone levels (estrogen and progesterone) are at their lowest.



Your superpower

Clarity. Your brain is wired for connectivity during this phase, allowing you to integrate logical and intuitive thinking. This makes it the perfect time for big-picture reflection and evaluating your priorities.

How to win?

Use this phase to reset, release, and reflect on what's working (and what's not). Even if it is not a time for high-energy output— it is not a time for doing nothing

Make use of this time, to recalibrate and strategize for the next cycle. Let go of what doesn't serve you anymore.



Follicular Phase

(length: 11 to 27 days)

What's happening?

After your period ends, estrogen begins to rise, bringing a boost in energy, creativity, and optimism.

Your superpower

Innovation. This is your most creative phase, where brainstorming and planning come naturally.

How to win?

Use this phase to start thinking about new projects, set goals, and dream big. You're in a growth mindset, so take advantage of it by planting the seeds for what you want to accomplish.

Make the BIG plans, but don't yet act on them.

Lead your life with CEO-Level cycle awareness



Tracking your cycle isn't just about fertility awareness (though it's great for that, too).

It's about creating a **personalized blueprint** for living your best life. When you track these variables, you'll start to notice patterns that explain why you feel like a productivity machine some days and a Netflix-and-chill hermit on others. **What's the goal? To understand YOU.**

The key to unlocking your full potential lies in decoding *your cycle* and understanding how to work with the five phases IN YOUR CASE.

How to track: Tools, apps, and systems

Tracking doesn't have to be complicated or overwhelming. The key is to **find a method that fits your personality** and stick with it. Here's how to get started:

1. Choose your method

- **Apps:** Digital tools like Clue, Flo, or Kindara offer user-friendly interfaces and customizable tracking options. Just be mindful of **data privacy**—choose apps that don't sell your personal info.

- **Paper journals:** A physical journal or planner allows for more personalized, creative tracking. Plus, it gives you a "big picture" view when you flip through past months.
- **Excel or google sheets:** If you're a data nerd, spreadsheets are a great way to log and analyze trends over time.

2. Start small

Tracking doesn't have to be an all-or-nothing approach. Start by focusing on a few key metrics, like energy, mood, and productivity. Once you've built the habit, you can expand to track more variables.

3. Make it a daily routine

Integrate tracking into an existing habit, like your morning coffee or nightly wind-down. The more consistent you are, the more valuable your data will become.

4. Reflect and adjust

At the end of each cycle, review your data. What patterns are emerging? What changes can you make to better align with your cycle next month? Treat this as your **monthly strategy session**.

Now it's time to dive deeper — the journey to mastering your cycle is just beginning, and I'm here to guide you every step of the way!

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