



Journal Prompts

Menstrual Archetypes



@melodicmoonrise



Inner Winter Reflection



(Days 1-6)

Cycle: Menstuation

Arquetype: Wise Women/Crown

Key Words: Rest, withdraw, womb care, sleep, relax
renovation, internal nutrition, intuition. Moon cave. Compost.

Energy: The energy is feeded internaly and it's about to start
its expansion phase. Decrease in digestive fire and overall
energy.

- Evaluate goals, strategies, and overall business and personal direction.
- Reflect on successes and challenges from the previous cycle.
- Journal ideas or insights for future projects.
- Listening to higher self
- Schedule downtime for creativity and recharging. Do nothing!





New Moon



Journal Prompts

Cycle: Menstruation / inner winter

- What am I ready to release and let go of, both physically and emotionally?
- How can I honor my need for rest and stillness during this phase?
- What lessons or insights are arising for me during this time of inward reflection?
- What dreams, symbols, or messages have come to me recently, and how can I explore them?
- How can I show gratitude to my body and womb for their wisdom and cyclical nature?



@melodicmoonrise



Inner Spring Dynamic



(Days 7- 12)

Cycle: PreOvulation

Arquetype: Maiden

Key Words: Emerging growth, clarity, playful, inspired, adventorous, carefree, assertive, expansion

Energy: You feel more energized and ready to tackle outward tasks. Rising levels of estrogen and testosterone contribute to an uplifted and optimistic mood.

- Rebirth Phase: A period of clarity and bringing projects to life. Brainstorm and develop new projects or initiatives.
- Plan campaigns, launches, or content calendars.
- Learn new skills or research trends relevant to your industry. Network or collaborate with others; your communication is sharp.
- Activates potential through movement practices like: Hip-opening exercises. Belly dancing. Breath of fire to enhance manifestation and visualization.



@melodicmoonrise



Waxing Moon



Journal Prompts

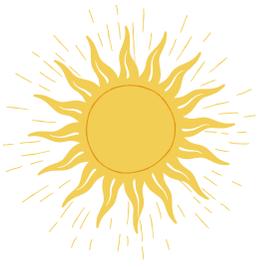
Cycle: pre-Ovulation / Inner Spring



- What new ideas or projects am I feeling excited to explore or begin?
- How can I embrace playfulness and curiosity in my daily life?
- What steps can I take this week to align with my long-term goals?
- How can I nurture my body to support this renewed energy?
- What part of my life feels like it's in a building stage, and how can I support its growth?



@melodicmoonrise



Inner Summer

Expressive



(Days 13 - 15)

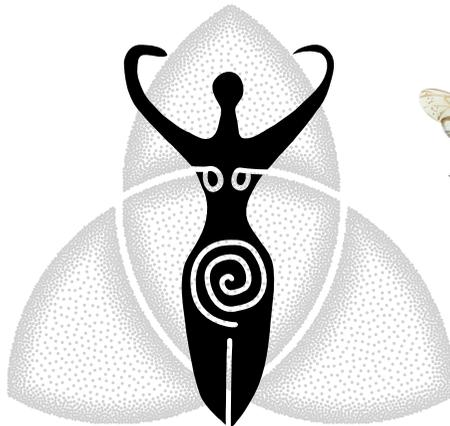
Cycle: Ovulation

Archetype: Mother

Keywords: Emerging growth, clarity, playful, inspired, adventurous, carefree, assertive, expansion

Energy: You feel more energized and ready to tackle outward tasks. Rising levels of estrogen and testosterone contribute to an uplifted and optimistic mood.

- Host meetings, webinars, or events to connect with clients or teams.
- Pitch ideas, negotiate deals, or close sales.
- Record videos, podcasts, or go live on social media.
- Attend conferences, networking events, or public speaking opportunities.



@melodicmoonrise



Full Moon



Journal Prompts

Cycle: Ovulating / Inner Summer

- How can I celebrate and express my creativity and confidence right now?
- Who in my life can I connect with more deeply during this phase?
- What do I feel proud of, and how can I honor that sense of accomplishment?
- How can I use this energy to bring joy and passion into my relationships?
- What boundaries might I need to set to preserve my energy as I engage outwardly?





Inner Autumn

Creative



(Days 16 - 28)

Cycle: Luteal

Archetype: Queen

Keywords: Harvest, reflect, starting to go inwards, less social, boundaries, speak your truth, primal sensual, delegate, solo creativity, surrender, transformation, intuition, inspiration, empowerment

Energy: Your attention to detail and focus sharpen, making it an ideal time for completing tasks and organizing. Embrace self-compassion and honor your heightened sensitivities during this phase.

- Edit, review, and finalize projects or proposals.
- Organize finances, systems, or workflows.
- Handle administrative tasks like emails and scheduling
- Create detailed plans for upcoming launches or initiatives.
- Address and resolve pending issues.





Waning Moon



Journal Prompts

Cycle: pre-menstrual / Inner Autumn

- What tasks or projects need to be completed or refined before the end of this cycle?
- How can I create space to process and release emotions that are surfacing?
- What patterns or habits are no longer serving me, and how can I shift them?
- How can I prioritize self-care and slow down as I prepare for the next cycle?
- What lessons can I learn from any feelings of discomfort or tension during this phase?



If you have any questions please reach out!

@melodicmoonrise

www.melodicmoonrise.com

