

# *Period Journal*

Celebrate Your Seasons



[pennymuller.com](http://pennymuller.com)

# Period Journaling

## Celebrate Your Seasons

*This period journaling set will inspire you to period mastery. Work with your body through its natural seasons - Spring, Summer, Autumn and Winter - to Create, Express, Heal and Reflect. Reclaim the beauty and power of your body as the gift that it is.*

DATE

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# Spring Reflection

How I feel in the days following my period

Physically I feel...

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Emotionally I feel...

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I've had insights about...

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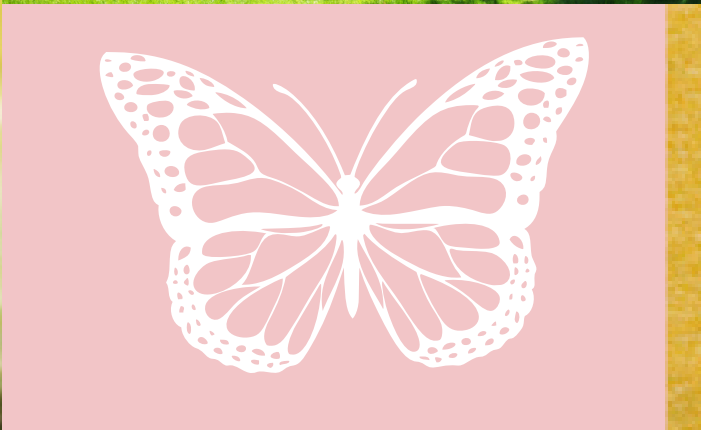
Next month I plan to...

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*Ideas*





# *Spring*

## The Spring Phase is for Creativity and Dreaming Big

During the spring phase, allow yourself to be inspired. Enjoy the abundant energy of spring with its busyness and purpose.

Spring is for new beginnings. You could explore new experiences and activities.

This is a time when brainstorming and planning come easily. Take this opportunity to write down your thoughts and insights.

DATE

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# Summer Reflection

How I feel in the middle of my cycle

Physically I feel...

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Emotionally I feel...

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I've had insights about...

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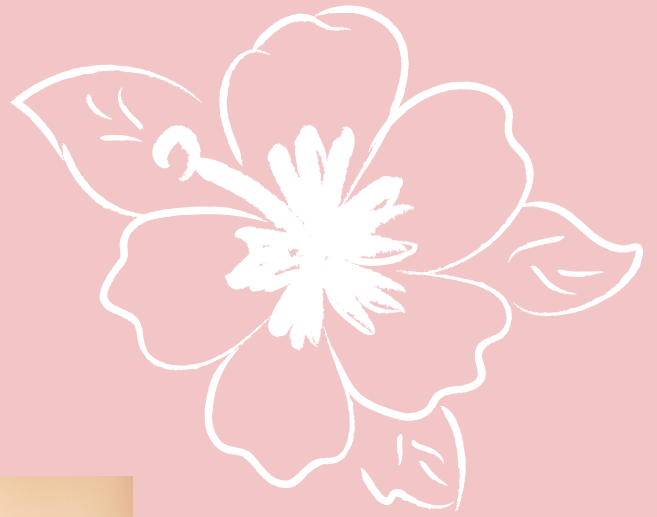
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Next month I plan to...

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*Confidence*





# *Summer*

The Summer Phase is for  
Socialising and  
Communicating

During the summer phase, allow  
yourself to be seen. Enjoy feeling  
confident and expressive.

Summer is for feeling free and  
expansive. Your energy will be at its  
peak.

This is a time when you will be turned  
on to love and life. Speak your truth  
clearly and be adventurous with your  
style.

DATE

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# *Autumn Reflection*

How I feel before my period

Physically I feel...

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Emotionally I feel...

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I've had insights about...

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Next month I plan to...

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*Completion*





# *Autumn*

## The Autumn Phase is a time of Powerful Healing

During the autumn phase, allow emotions to arise. Thank them for the information they bring.

Autumn is a time for welcoming growth. Forgive yourself for past mistakes, and prepare to clear old energies and patterns.

This is a time to finish tasks and projects. Embrace this opportunity to enjoy the process of completion.

DATE

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# Winter Reflection

How I feel during my period

Physically I feel...

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Emotionally I feel...

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I've had insights about...

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Next month I plan to...

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*Reflection*



# *Winter*

## The Winter Phase is for Rest and Self-Care

During the winter phase, allow yourself to turn inward. Relax and focus on the beauty of your body's monthly energy release.

Winter is for letting go. Remove yourself from others' expectations and spend time alone if you wish to.

This is when you are most analytical and most intuitive. Tune in to spirit to enhance your awareness and inner knowing.

MONTH

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# *Honour Your Body's Rhythm*

## To Do List

### Spring

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### Summer

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### Autumn

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### Winter

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