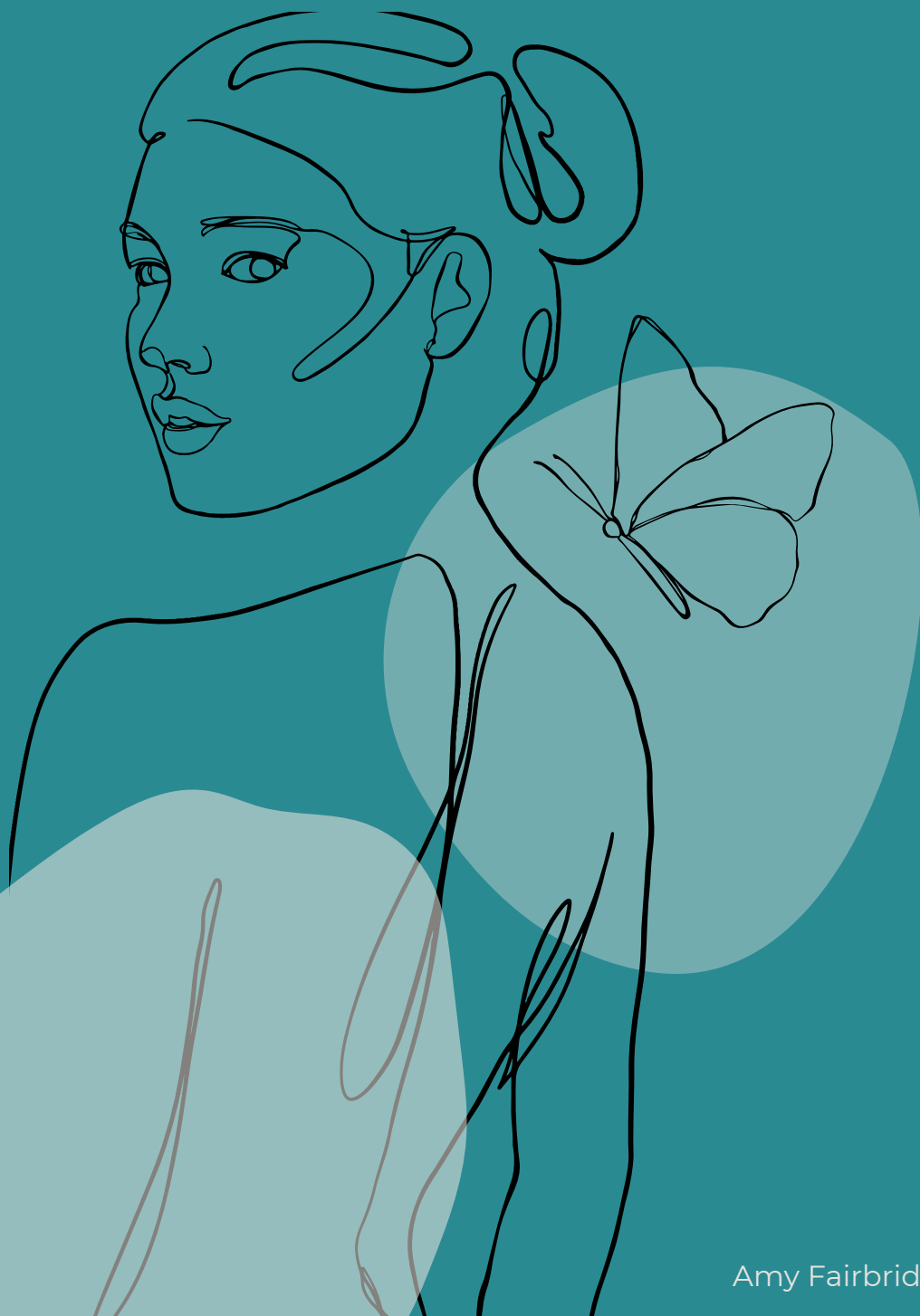


DO LESS BE MORE FLOW

For Purpose-Driven Women

Amplify impact with more ease and flow.





DO LESS BE MORE FLOW

do less. be more.

You are of Mother Nature. You are of The Stars. And you have a hormonal cycle that men don't have. Before you set goals and make plans, go beyond the circadian rhythm (you're not meant to do the same thing every day!) and take into consideration these three cyclical rhythms to amplify your impact with more ease and flow.

Cycle #1: Mother Nature

Set Quarterly Intentions

- Set 3 month goals, 4X a year. ([Join my Masterclass](#) to learn the exact process I use to set authentically aligned goals I always follow through on!)
- Use the winter/summer solstices and spring/fall equinoxes as initiation points
- Consider the energy of the season when deciding on what to focus on. i.e. Reflect on how your body feels in the winter versus the summer, and what types of activities you are more inclined to do in a particular season

Cycle #2: Astrology

Align with the stars

- Remember that you are made of stars - and the unseen forces of the planetary movement offer influential energies that you can move with if you are aware of them
- Set intentions on the New Moon, using the astrological season to inspire what you will focus on
- Recommended apps: The Chani App or The Pattern App



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Cycle #3: Hormonal Infradian Rhythm

For menstruating women, build awareness around your infradian 28-day cycle by planning out your month according to the phases of your cycle to honor your natural rhythms for peak productivity. Import the DO LESS BE MORE FLOW calendar into your digital calendar and plan the month ahead according to your cycle.

Follicular Phase (days 6- 14)

Creativity + Purpose + Planning

You'll feel more energetic and positive. Leverage this phase for productivity, setting ambitious goals, and tackling challenging tasks.

- try new things
- start new projects
- plan the month ahead (get clear on what you will and will not be focusing on)
- project management
- brainstorm meetings
- connect to your vision and goals

Ovulatory Phase (days 15 – 17)

Communication + Connection

Channel your heightened energy into socializing, collaborating, and networking. It's an ideal time for meetings, interviews, or team projects.

- peak energy
- peak communication & collaboration skills
- prioritize play and connection
- heightened verbal skills - ideal for important conversations. (ask for a raise, plan to negotiate deals)



do less. **be more.**

Luteal Phase (days 18-28)

Power + Contain + Complete

Prioritize self-care, manage stress, and adapt your goals. Break tasks into smaller steps to maintain productivity.

- execute - get things done
- very task oriented
- complete projects and wrap things up
- easy to focus and pay attention to minute details
- administrative & accounting tasks

Menstruation Phase (days 1-5)

Intuition + Reflect + Restore

A natural time for rest and introspection. By planning lighter tasks or taking breaks, you allow your body to recover and recharge.

- course correct, evaluate progress (get clarity on what is and isn't important)
- listen to that gut feeling
- able to access both analytical and intuitive reasoning
- reflect on the past month (performance, relationships, feelings, goals)

INTEGRATION



SET QUARTLERLY INTENTIONS

- [Join my Masterclass](#) and learn the exact step-by-step process I personally use for myself and my VIP clients to set inspiring goals with purpose that you'll follow through on every time
- <http://subscribepage.io/dlbmmasterclass>



ALIGN WITH THE STARS

- Set New Moon intentions that align with the planetary energies according to your astrological chart
- Try [The Chani App](#) or [The Pattern App](#)



PLAN ACCORDING TO YOUR FLOW

- Map out your month according to the phases of your cycle
- Try the [Period Tracker App](#)
- Add the [Do Less Be More Flow Calendar](#) to your digital calendar



BE YOUR PURPOSE

- [Apply to join](#) the invite-only 16-week Group Coaching Program - for those ready to discover, live, and be their deepest purpose.



VIP COACHING

- For the Purpose-Driven Woman who is ready to be personally guided, empowered, and inspired into aligned action and high-impact without the burnout
- Schedule a [complimentary 45-min exploration call](#)