



Womb Cycle Journal



● Menstrual Phase (Inner Winter) - Days: 1–5

Themes: Rest, surrender, deep intuition, letting go

Energy: Low and inward

Best for: Reflection, journaling, rest, dreaming, releasing

Reflection Prompts:

- What is ready to be released from my body, heart, or spirit?
 - How can I honour my need for stillness and rest?
 - What is my womb whispering in this sacred pause?
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🌱 Follicular Phase (Inner Spring) - Days: 6–12

Themes: Renewal, growth, intention-setting, inspiration

Energy: Rising and fresh

Best for: Planning, starting new things, creativity, learning

Reflection Prompts:

- What fresh energy is rising within me?
 - What would I love to create or explore this cycle?
 - What support do I need as I return to the world?
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🌞 Ovulation Phase (Inner Summer) - Days: 13–17

Themes: Expression, magnetism, connection, radiance

Energy: High and outward

Best for: Socialising, sharing, visibility, collaboration

Reflection Prompts:

- Where do I feel most alive and magnetic right now?
 - How can I express my truth and creativity more fully?
 - What does it feel like to shine without holding back?
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🍁 Luteal Phase (Inner Autumn) - Days: 18–28

Themes: Discernment, boundaries, truth-telling, preparation

Energy: Slowing down, emotional, reflective

Best for: Completing tasks, turning inward, deep feeling, grounding

Reflection Prompts:

- What's no longer aligned and needs to shift or fall away?
- How can I tend to my emotions with compassion?
- What boundaries or practices help me feel supported?

Date:

Today's Womb Message	Intention for the day

Womb Whisper of the day:

Message 1

Message 2

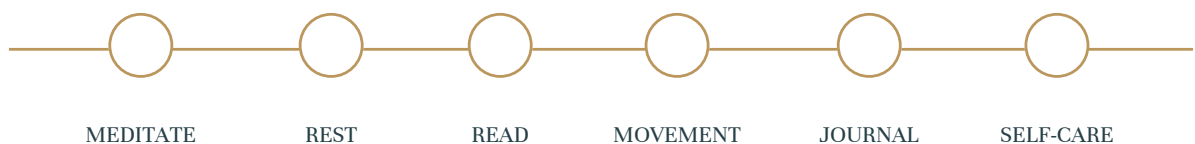
Message 3

(Thoughts & Feelings)

Set intentions for clarity, vitality, and inner peace, and feel the positive impact throughout the day.

(Morning Rituals Checklist)

Pathway to an energized and purposeful start.



TO START



DELAY



OK



STUCK



CANCEL

✨ Deepen Your Journey with the Womb Whispers Oracle Deck

These reflections are only the beginning. The **Womb Whispers Oracle Deck** is a sacred tool to support you through every phase of your cycle—offering gentle guidance, intuitive wisdom, and a deeper connection to your feminine rhythms.

Let each card be a whisper from within...
a mirror to your truth...
a reminder that your womb is wise, and she is always speaking.



Purchase your deck here: www.wombwhispersoracle.com

Let the whispers guide you—day by day, phase by phase.