

6

# Glow School

Women's Health



*martina*  
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## Hey Glow Girl!

Welcome to the Module 6 workbook! The topics of this module are really dear to me, and are in general a huge taboo in our society. That's why I really want to focus on these important things during an entire module!

When you're in your best shape, your vibration is higher, and you will attract and manifest things that are in your vibration. Manifestation starts with the vibes you're sending out!

Enjoy exploring your own health on a completely different level and connect back with the source of our life - Mother Earth.

Love & nature vibes,

MARTINA

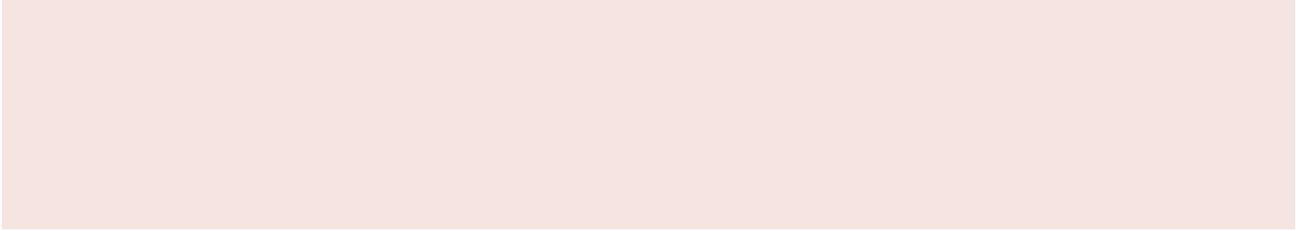
## Women's Health

Who is your female idol or role model that totally inspires you?

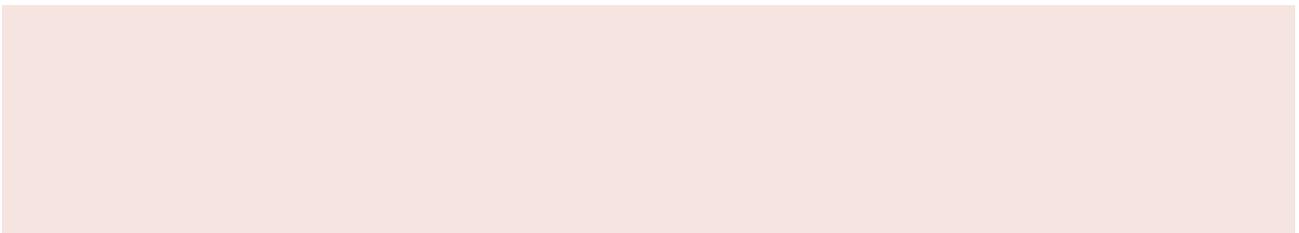
How do you feel about your cycle today? Is it something scary and negative, or do you associate it with a positive emotion? Where do you think this story comes from?

Who introduced you to the period, and what was your first experience with it? How did it feel when you had your first period?

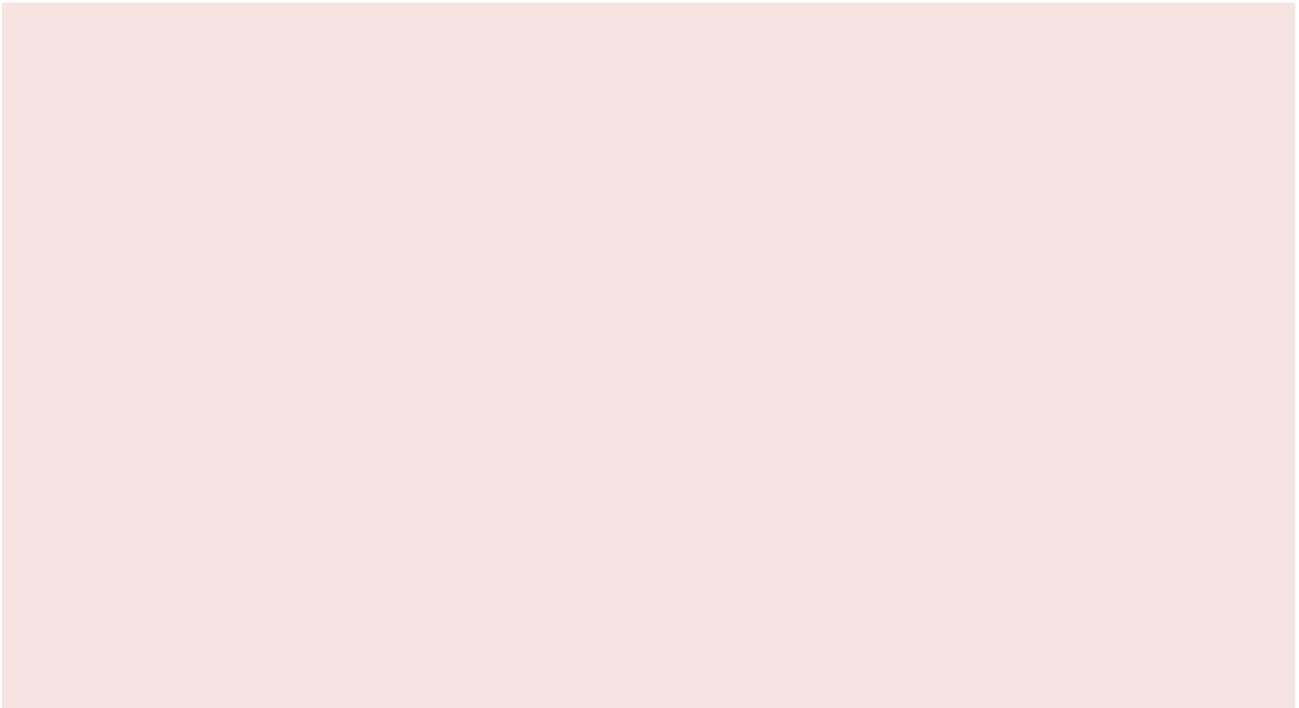
How regular is your cycle? If it's not regular, do you have any ideas why?



How do you want to FEEL about your cycle moving forward?



What do you need to do to get there? What changes do you need to make in your life to feel really good about your cycle? How can you use this downtime in a positive and inspiring way?



## Reflections

These are my 3 new affirmations from this module:  
(check the affirmations document in Module 1 for ideas)

What came up during this module? How are you FEELING right now? Where in your body are you feeling something (maybe in your chest, in your head, in your throat...)? It's time for some free flow journaling:

Where do you feel you're struggling and could use some help?