



# My Menopause Journey

A 30-Day Tracking & Reflection Guide

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INCLUDED WITH YOUR  
Menopause Masterclass

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*by Michael Hunter*

UPSPIRAL LIFE



# A Word From Michael

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Welcome. I'm so glad you're here.

This journal was created with a single purpose: to give you a sacred space to witness yourself through one of the most significant transitions of your life. Not to fix you. Not to manage you. To witness you — with curiosity, compassion, and care.

In my years of clinical practice as a licensed acupuncturist and natural health practitioner, I've sat with hundreds of women navigating this passage. What I've observed again and again is this: the women who come through menopause with the most grace and the deepest sense of themselves are the ones who paid attention. Not in a clinical, analytical way — but in the way you pay attention to something you love. With gentleness. With presence. With a willingness to be surprised.

This journal is your companion for the next 30 days. Use it every day, even if only for five minutes. The daily tracker will help you notice patterns — what's working, what isn't, what time of day you feel strongest, what environments drain you. The weekly reflections give you space to zoom out and see the bigger arc. The remedy log turns you into a compassionate researcher of your own body. And the Second Spring Vision section invites you to dream into who you are becoming on the other side of this transition.

There is also a section for your partner. Please share it with them if you can. This journey is more beautiful — and more bearable — when you don't walk it alone.

In Chinese medicine, the post-menopausal years are called the **Second Spring** — a season of clarity, power, and freedom. That season begins with exactly what you're doing right now: showing up, paying attention, and choosing yourself.

You are right on time.

*With love and respect,*

**Michael Hunter**

Licensed Acupuncturist & Natural Health Practitioner | UpSpiral Life



### My Menopause Snapshot

Before we begin, let's capture where you are right now. There are no right or wrong answers – just your truth, today.

#### WHERE I AM IN MY JOURNEY:

Perimenopause (symptoms beginning, still having periods)

Menopause (12+ months without a period)

Post-menopause

Not sure

#### HOW LONG HAVE I BEEN EXPERIENCING SYMPTOMS?

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#### MY TOP 3 SYMPTOMS I MOST WANT TO ADDRESS:

1.

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2.

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3.

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#### MY TOP 3 HOPES FOR THESE 30 DAYS:

1.

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2.

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3.

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#### HOW WOULD I DESCRIBE MY ENERGY AND OVERALL WELLBEING RIGHT NOW?

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## My Symptom Starting Point

Rate each symptom today on a scale of 1–5. You'll return to this page at the end of 30 days to see how far you've come. **1 = Not present | 5 = Severely affecting my day**

1 (none)

5 (severe)

### PHYSICAL SYMPTOMS

- Hot Flashes      0 0 0 0 0
- Night Sweats    0 0 0 0 0
- Sleep Quality    0 0 0 0 0
- Energy Level     0 0 0 0 0
- Joint Pain        0 0 0 0 0
- Weight / Bloating 0 0 0 0 0

### MENTAL & EMOTIONAL SYMPTOMS

- Mood / Irritability 0 0 0 0 0
- Anxiety            0 0 0 0 0
- Brain Fog         0 0 0 0 0
- Intimacy / Libido  0 0 0 0 0

**OTHER SYMPTOMS I AM EXPERIENCING:**

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**AT THE END OF 30 DAYS, I WANT TO SEE IMPROVEMENT MOST IN:**

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## Section One: Getting Started

### My Intention & A Note to My Partner

#### MY INTENTION FOR THESE 30 DAYS:

Write a clear, personal intention. Not a goal — an intention. How do you want to feel?

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#### WHAT I MOST WANT TO FEEL DIFFERENT IN 30 DAYS:

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#### WHAT I AM WILLING TO TRY THAT I HAVEN'T TRIED BEFORE:

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#### A NOTE TO MY PARTNER (OPTIONAL)

Sometimes the words we need to say are easier to write first. If you'd like to share something with your partner, use this space.

Dear \_\_\_\_\_,

What I most need from you right now is...

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The one thing that would help me feel most supported is...

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I want you to know...

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*"Your body is not betraying you. It is transforming you."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
Sleep Quality	0 0 0 0 0	Intimacy	0 0 0 0 0
Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

**WHAT I TRIED TODAY:**

- Herbs / Supplements \_\_\_\_\_
- Acupressure \_\_\_\_\_
- Movement \_\_\_\_\_
- Breathwork / Meditation \_\_\_\_\_
- Other \_\_\_\_\_

**ONE WIN TODAY, HOWEVER SMALL:**

\_\_\_\_\_  
\_\_\_\_\_

**I WAS GRATEFUL FOR MY BODY WHEN:**

\_\_\_\_\_  
\_\_\_\_\_

**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

\_\_\_\_\_

**TONIGHT I AM RELEASING:**

\_\_\_\_\_  
\_\_\_\_\_

**TOMORROW I INTEND:**

\_\_\_\_\_  
\_\_\_\_\_

**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

\_\_\_\_\_

What would help me most right now:

\_\_\_\_\_

*"Rest is not retreat. Rest is restoration."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
Sleep Quality	0 0 0 0 0	Intimacy	0 0 0 0 0
Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

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**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

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**TONIGHT I AM RELEASING:**

**TOMORROW I INTEND:**

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**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

What would help me most right now:

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\_\_\_\_\_

*"The transition is the teaching."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
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**TOMORROW I INTEND:**

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**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

What would help me most right now:

\_\_\_\_\_

\_\_\_\_\_

*"What you water, grows. Water yourself."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
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**TOMORROW I INTEND:**

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**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

What would help me most right now:

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\_\_\_\_\_

*"You have earned every silver strand and every hard-won truth."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
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Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

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**TONIGHT I AM RELEASING:**

**TOMORROW I INTEND:**

\_\_\_\_\_

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**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

What would help me most right now:

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\_\_\_\_\_

*"In Chinese medicine, the post-menopausal years belong entirely to you."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
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**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

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**TONIGHT I AM RELEASING:**

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\_\_\_\_\_

**TOMORROW I INTEND:**

\_\_\_\_\_  
\_\_\_\_\_

**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

\_\_\_\_\_

What would help me most right now:

\_\_\_\_\_

*"Slow down. The answers live in stillness."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
Sleep Quality	0 0 0 0 0	Intimacy	0 0 0 0 0
Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

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**ONE WIN TODAY, HOWEVER SMALL:**

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**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

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**TONIGHT I AM RELEASING:**

**TOMORROW I INTEND:**

\_\_\_\_\_

\_\_\_\_\_

**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

What would help me most right now:

\_\_\_\_\_

\_\_\_\_\_

WEEKLY REFLECTION

# Week One

Days 1-7 · Pause. Notice. Reflect.

What patterns did I notice this week?

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What helped me most?

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What surprised me?

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What do I want to try differently?

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My body felt mostly...

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My mood was mostly...

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A message to myself from this week:

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WEEK 1 SYMPTOM SNAPSHOT:

Hot Flashes

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 PARTNER CHECK-IN – WEEK 1

For the partner: share what you noticed

Sleep Quality 00000

Energy 00000

Mood 00000

This week I noticed she...

This week I want to try...

Something I am grateful for...

*"Every symptom is a message. Every message deserves a gentle reply."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
Sleep Quality	0 0 0 0 0	Intimacy	0 0 0 0 0
Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

**WHAT I TRIED TODAY:**

- Herbs / Supplements \_\_\_\_\_
- Acupressure \_\_\_\_\_
- Movement \_\_\_\_\_
- Breathwork / Meditation \_\_\_\_\_
- Other \_\_\_\_\_

**ONE WIN TODAY, HOWEVER SMALL:**

**I WAS GRATEFUL FOR MY BODY WHEN:**

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\_\_\_\_\_

**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

\_\_\_\_\_

**TONIGHT I AM RELEASING:**

**TOMORROW I INTEND:**

\_\_\_\_\_

\_\_\_\_\_

**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

What would help me most right now:

\_\_\_\_\_

\_\_\_\_\_

*"You are not less. You are becoming more."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
Sleep Quality	0 0 0 0 0	Intimacy	0 0 0 0 0
Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

**WHAT I TRIED TODAY:**

- Herbs / Supplements \_\_\_\_\_
- Acupressure \_\_\_\_\_
- Movement \_\_\_\_\_
- Breathwork / Meditation \_\_\_\_\_
- Other \_\_\_\_\_

**ONE WIN TODAY, HOWEVER SMALL:**

**I WAS GRATEFUL FOR MY BODY WHEN:**

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\_\_\_\_\_

**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

\_\_\_\_\_

**TONIGHT I AM RELEASING:**

**TOMORROW I INTEND:**

\_\_\_\_\_

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**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

What would help me most right now:

\_\_\_\_\_

\_\_\_\_\_

*"In the Second Spring, the fruit is sweeter."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
Sleep Quality	0 0 0 0 0	Intimacy	0 0 0 0 0
Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

**WHAT I TRIED TODAY:**

- Herbs / Supplements \_\_\_\_\_
- Acupressure \_\_\_\_\_
- Movement \_\_\_\_\_
- Breathwork / Meditation \_\_\_\_\_
- Other \_\_\_\_\_

**ONE WIN TODAY, HOWEVER SMALL:**

**I WAS GRATEFUL FOR MY BODY WHEN:**

\_\_\_\_\_

\_\_\_\_\_

**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

\_\_\_\_\_

**TONIGHT I AM RELEASING:**

**TOMORROW I INTEND:**

\_\_\_\_\_

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**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

What would help me most right now:

\_\_\_\_\_

\_\_\_\_\_

*"Healing is not linear. Neither is menopause. Give yourself grace."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
Sleep Quality	0 0 0 0 0	Intimacy	0 0 0 0 0
Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

**WHAT I TRIED TODAY:**

- Herbs / Supplements \_\_\_\_\_
- Acupressure \_\_\_\_\_
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- Breathwork / Meditation \_\_\_\_\_
- Other \_\_\_\_\_

**ONE WIN TODAY, HOWEVER SMALL:**

**I WAS GRATEFUL FOR MY BODY WHEN:**

\_\_\_\_\_

\_\_\_\_\_

**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

\_\_\_\_\_

**TONIGHT I AM RELEASING:**

**TOMORROW I INTEND:**

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**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

What would help me most right now:

\_\_\_\_\_

\_\_\_\_\_

*"The women who came before you crossed this river. You are held."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
Sleep Quality	0 0 0 0 0	Intimacy	0 0 0 0 0
Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

**WHAT I TRIED TODAY:**

- Herbs / Supplements \_\_\_\_\_
- Acupressure \_\_\_\_\_
- Movement \_\_\_\_\_
- Breathwork / Meditation \_\_\_\_\_
- Other \_\_\_\_\_

**ONE WIN TODAY, HOWEVER SMALL:**

**I WAS GRATEFUL FOR MY BODY WHEN:**

\_\_\_\_\_

\_\_\_\_\_

**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

\_\_\_\_\_

**TONIGHT I AM RELEASING:**

**TOMORROW I INTEND:**

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**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

What would help me most right now:

\_\_\_\_\_

\_\_\_\_\_

*"Strong is not the absence of softness. It is knowing when to rest."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
Sleep Quality	0 0 0 0 0	Intimacy	0 0 0 0 0
Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

**WHAT I TRIED TODAY:**

- Herbs / Supplements \_\_\_\_\_
- Acupressure \_\_\_\_\_
- Movement \_\_\_\_\_
- Breathwork / Meditation \_\_\_\_\_
- Other \_\_\_\_\_

**ONE WIN TODAY, HOWEVER SMALL:**

**I WAS GRATEFUL FOR MY BODY WHEN:**

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\_\_\_\_\_

**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

\_\_\_\_\_

**TONIGHT I AM RELEASING:**

**TOMORROW I INTEND:**

\_\_\_\_\_

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**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

What would help me most right now:

*"Your emotions are information, not inconvenience."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
Sleep Quality	0 0 0 0 0	Intimacy	0 0 0 0 0
Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

**WHAT I TRIED TODAY:**

- Herbs / Supplements \_\_\_\_\_
- Acupressure \_\_\_\_\_
- Movement \_\_\_\_\_
- Breathwork / Meditation \_\_\_\_\_
- Other \_\_\_\_\_

**ONE WIN TODAY, HOWEVER SMALL:**

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**I WAS GRATEFUL FOR MY BODY WHEN:**

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\_\_\_\_\_

**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

\_\_\_\_\_

**TONIGHT I AM RELEASING:**

\_\_\_\_\_  
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**TOMORROW I INTEND:**

\_\_\_\_\_  
\_\_\_\_\_

**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

\_\_\_\_\_

What would help me most right now:

\_\_\_\_\_

WEEKLY REFLECTION

# Week Two

Days 8–14 · Pause. Notice. Reflect.

What patterns did I notice this week?

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What helped me most?

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What surprised me?

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What do I want to try differently?

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My body felt mostly...

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My mood was mostly...

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A message to myself from this week:

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WEEK 2 SYMPTOM SNAPSHOT:

Hot Flashes

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 PARTNER CHECK-IN – WEEK 2

For the partner: share what you noticed

Sleep Quality 00000

Energy 00000

Mood 00000

This week I noticed she...

This week I want to try...

Something I am grateful for...

*"Today's small win is tomorrow's momentum."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
Sleep Quality	0 0 0 0 0	Intimacy	0 0 0 0 0
Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

**WHAT I TRIED TODAY:**

- Herbs / Supplements \_\_\_\_\_
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- Movement \_\_\_\_\_
- Breathwork / Meditation \_\_\_\_\_
- Other \_\_\_\_\_

**ONE WIN TODAY, HOWEVER SMALL:**

\_\_\_\_\_  
\_\_\_\_\_

**I WAS GRATEFUL FOR MY BODY WHEN:**

\_\_\_\_\_  
\_\_\_\_\_

**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

\_\_\_\_\_

**TONIGHT I AM RELEASING:**

\_\_\_\_\_  
\_\_\_\_\_

**TOMORROW I INTEND:**

\_\_\_\_\_  
\_\_\_\_\_

**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

\_\_\_\_\_

What would help me most right now:

\_\_\_\_\_

*"Kidney essence flows to those who replenish it. Rest, nourish, repeat."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	00000	Mood	00000
Night Sweats	00000	Brain Fog	00000
Sleep Quality	00000	Intimacy	00000
Energy	00000	Anxiety	00000

**WHAT I TRIED TODAY:**

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**ONE WIN TODAY, HOWEVER SMALL:**

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**I WAS GRATEFUL FOR MY BODY WHEN:**

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**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

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**TONIGHT I AM RELEASING:**

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**TOMORROW I INTEND:**

\_\_\_\_\_  
\_\_\_\_\_

**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

\_\_\_\_\_

What would help me most right now:

\_\_\_\_\_

*"Nature does nothing in haste. Neither should you."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
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**ONE WIN TODAY, HOWEVER SMALL:**

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**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

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**TONIGHT I AM RELEASING:**

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**TOMORROW I INTEND:**

\_\_\_\_\_  
\_\_\_\_\_

**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

\_\_\_\_\_

What would help me most right now:

\_\_\_\_\_

*"You are allowed to need more. You are allowed to ask for it."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
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\_\_\_\_\_

\_\_\_\_\_

*"Your body remembers every act of kindness you give it."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
Sleep Quality	0 0 0 0 0	Intimacy	0 0 0 0 0
Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

**WHAT I TRIED TODAY:**

- Herbs / Supplements \_\_\_\_\_
- Acupressure \_\_\_\_\_
- Movement \_\_\_\_\_
- Breathwork / Meditation \_\_\_\_\_
- Other \_\_\_\_\_

**ONE WIN TODAY, HOWEVER SMALL:**

**I WAS GRATEFUL FOR MY BODY WHEN:**

\_\_\_\_\_

\_\_\_\_\_

**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

\_\_\_\_\_

**TONIGHT I AM RELEASING:**

**TOMORROW I INTEND:**

\_\_\_\_\_

\_\_\_\_\_

**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

What would help me most right now:

\_\_\_\_\_

\_\_\_\_\_

*"The deepest transformation requires the gentlest patience."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
Sleep Quality	0 0 0 0 0	Intimacy	0 0 0 0 0
Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

**WHAT I TRIED TODAY:**

- Herbs / Supplements \_\_\_\_\_
- Acupressure \_\_\_\_\_
- Movement \_\_\_\_\_
- Breathwork / Meditation \_\_\_\_\_
- Other \_\_\_\_\_

**ONE WIN TODAY, HOWEVER SMALL:**

**I WAS GRATEFUL FOR MY BODY WHEN:**

\_\_\_\_\_

\_\_\_\_\_

**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

\_\_\_\_\_

**TONIGHT I AM RELEASING:**

**TOMORROW I INTEND:**

\_\_\_\_\_

\_\_\_\_\_

**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

What would help me most right now:

\_\_\_\_\_

\_\_\_\_\_

*"Boundaries are not walls. They are how you water your own garden."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
Sleep Quality	0 0 0 0 0	Intimacy	0 0 0 0 0
Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

**WHAT I TRIED TODAY:**

- Herbs / Supplements \_\_\_\_\_
- Acupressure \_\_\_\_\_
- Movement \_\_\_\_\_
- Breathwork / Meditation \_\_\_\_\_
- Other \_\_\_\_\_

**ONE WIN TODAY, HOWEVER SMALL:**

\_\_\_\_\_  
\_\_\_\_\_

**I WAS GRATEFUL FOR MY BODY WHEN:**

\_\_\_\_\_  
\_\_\_\_\_

**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

\_\_\_\_\_

**TONIGHT I AM RELEASING:**

\_\_\_\_\_  
\_\_\_\_\_

**TOMORROW I INTEND:**

\_\_\_\_\_  
\_\_\_\_\_

**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

\_\_\_\_\_

What would help me most right now:

\_\_\_\_\_

WEEKLY REFLECTION

# Week Three

Days 15–21 · Pause. Notice. Reflect.

What patterns did I notice this week?

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What helped me most?

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What surprised me?

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What do I want to try differently?

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My body felt mostly...

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My mood was mostly...

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A message to myself from this week:

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WEEK 3 SYMPTOM SNAPSHOT:

Hot Flashes

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 PARTNER CHECK-IN – WEEK 3

For the partner: share what you noticed

Sleep Quality 00000

Energy 00000

Mood 00000

This week I noticed she...

This week I want to try...

Something I am grateful for...

*"In every ending, the seed of a beginning."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
Sleep Quality	0 0 0 0 0	Intimacy	0 0 0 0 0
Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

**WHAT I TRIED TODAY:**

- Herbs / Supplements \_\_\_\_\_
- Acupressure \_\_\_\_\_
- Movement \_\_\_\_\_
- Breathwork / Meditation \_\_\_\_\_
- Other \_\_\_\_\_

**ONE WIN TODAY, HOWEVER SMALL:**

\_\_\_\_\_  
\_\_\_\_\_

**I WAS GRATEFUL FOR MY BODY WHEN:**

\_\_\_\_\_  
\_\_\_\_\_

**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

\_\_\_\_\_

**TONIGHT I AM RELEASING:**

\_\_\_\_\_  
\_\_\_\_\_

**TOMORROW I INTEND:**

\_\_\_\_\_  
\_\_\_\_\_

**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

\_\_\_\_\_

What would help me most right now:

\_\_\_\_\_

*"You have been preparing for this season your whole life."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
Sleep Quality	0 0 0 0 0	Intimacy	0 0 0 0 0
Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

**WHAT I TRIED TODAY:**

- Herbs / Supplements \_\_\_\_\_
- Acupressure \_\_\_\_\_
- Movement \_\_\_\_\_
- Breathwork / Meditation \_\_\_\_\_
- Other \_\_\_\_\_

**ONE WIN TODAY, HOWEVER SMALL:**

\_\_\_\_\_  
\_\_\_\_\_

**I WAS GRATEFUL FOR MY BODY WHEN:**

\_\_\_\_\_  
\_\_\_\_\_

**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

\_\_\_\_\_

**TONIGHT I AM RELEASING:**

\_\_\_\_\_  
\_\_\_\_\_

**TOMORROW I INTEND:**

\_\_\_\_\_  
\_\_\_\_\_

**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

\_\_\_\_\_

What would help me most right now:

\_\_\_\_\_

*"Welcome to your Second Spring. You are right on time."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
Sleep Quality	0 0 0 0 0	Intimacy	0 0 0 0 0
Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

**WHAT I TRIED TODAY:**

- Herbs / Supplements \_\_\_\_\_
- Acupressure \_\_\_\_\_
- Movement \_\_\_\_\_
- Breathwork / Meditation \_\_\_\_\_
- Other \_\_\_\_\_

**ONE WIN TODAY, HOWEVER SMALL:**

**I WAS GRATEFUL FOR MY BODY WHEN:**

\_\_\_\_\_

\_\_\_\_\_

**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

\_\_\_\_\_

**TONIGHT I AM RELEASING:**

**TOMORROW I INTEND:**

\_\_\_\_\_

\_\_\_\_\_

**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

What would help me most right now:

\_\_\_\_\_

\_\_\_\_\_

*"She who tends her roots will flourish in every season."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
Sleep Quality	0 0 0 0 0	Intimacy	0 0 0 0 0
Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

**WHAT I TRIED TODAY:**

- Herbs / Supplements \_\_\_\_\_
- Acupressure \_\_\_\_\_
- Movement \_\_\_\_\_
- Breathwork / Meditation \_\_\_\_\_
- Other \_\_\_\_\_

**ONE WIN TODAY, HOWEVER SMALL:**

**I WAS GRATEFUL FOR MY BODY WHEN:**

\_\_\_\_\_

\_\_\_\_\_

**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

\_\_\_\_\_

**TONIGHT I AM RELEASING:**

**TOMORROW I INTEND:**

\_\_\_\_\_

\_\_\_\_\_

**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

What would help me most right now:

\_\_\_\_\_

\_\_\_\_\_

*"The wisdom you are gaining cannot be taken from you."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
Sleep Quality	0 0 0 0 0	Intimacy	0 0 0 0 0
Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

**WHAT I TRIED TODAY:**

- Herbs / Supplements \_\_\_\_\_
- Acupressure \_\_\_\_\_
- Movement \_\_\_\_\_
- Breathwork / Meditation \_\_\_\_\_
- Other \_\_\_\_\_

**ONE WIN TODAY, HOWEVER SMALL:**

**I WAS GRATEFUL FOR MY BODY WHEN:**

\_\_\_\_\_

\_\_\_\_\_

**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

\_\_\_\_\_

**TONIGHT I AM RELEASING:**

**TOMORROW I INTEND:**

\_\_\_\_\_

\_\_\_\_\_

**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

What would help me most right now:

\_\_\_\_\_

\_\_\_\_\_

*"Softness is not weakness. It is the highest form of strength."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
Sleep Quality	0 0 0 0 0	Intimacy	0 0 0 0 0
Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

**WHAT I TRIED TODAY:**

- Herbs / Supplements \_\_\_\_\_
- Acupressure \_\_\_\_\_
- Movement \_\_\_\_\_
- Breathwork / Meditation \_\_\_\_\_
- Other \_\_\_\_\_

**ONE WIN TODAY, HOWEVER SMALL:**

**I WAS GRATEFUL FOR MY BODY WHEN:**

\_\_\_\_\_

\_\_\_\_\_

**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

\_\_\_\_\_

**TONIGHT I AM RELEASING:**

**TOMORROW I INTEND:**

\_\_\_\_\_

\_\_\_\_\_

**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

What would help me most right now:

\_\_\_\_\_

\_\_\_\_\_

*"Your nervous system is sacred. What soothes it today?"*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
Sleep Quality	0 0 0 0 0	Intimacy	0 0 0 0 0
Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

**WHAT I TRIED TODAY:**

- Herbs / Supplements \_\_\_\_\_
- Acupressure \_\_\_\_\_
- Movement \_\_\_\_\_
- Breathwork / Meditation \_\_\_\_\_
- Other \_\_\_\_\_

**ONE WIN TODAY, HOWEVER SMALL:**

**I WAS GRATEFUL FOR MY BODY WHEN:**

\_\_\_\_\_

\_\_\_\_\_

**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

\_\_\_\_\_

**TONIGHT I AM RELEASING:**

**TOMORROW I INTEND:**

\_\_\_\_\_

\_\_\_\_\_

**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

What would help me most right now:

\_\_\_\_\_

\_\_\_\_\_

*"Let go of who you were to welcome who you are becoming."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
Sleep Quality	0 0 0 0 0	Intimacy	0 0 0 0 0
Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

**WHAT I TRIED TODAY:**

- Herbs / Supplements \_\_\_\_\_
- Acupressure \_\_\_\_\_
- Movement \_\_\_\_\_
- Breathwork / Meditation \_\_\_\_\_
- Other \_\_\_\_\_

**ONE WIN TODAY, HOWEVER SMALL:**

**I WAS GRATEFUL FOR MY BODY WHEN:**

\_\_\_\_\_

\_\_\_\_\_

**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

\_\_\_\_\_

**TONIGHT I AM RELEASING:**

**TOMORROW I INTEND:**

\_\_\_\_\_

\_\_\_\_\_

**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

What would help me most right now:

\_\_\_\_\_

\_\_\_\_\_

*"The Second Spring is not a destination. It is a way of moving through the world."*

**TODAY'S SYMPTOM CHECK – CIRCLE HOW YOU FEEL (1 = MINIMAL · 5 = SIGNIFICANT)**

Hot Flashes	0 0 0 0 0	Mood	0 0 0 0 0
Night Sweats	0 0 0 0 0	Brain Fog	0 0 0 0 0
Sleep Quality	0 0 0 0 0	Intimacy	0 0 0 0 0
Energy	0 0 0 0 0	Anxiety	0 0 0 0 0

**WHAT I TRIED TODAY:**

- Herbs / Supplements \_\_\_\_\_
- Acupressure \_\_\_\_\_
- Movement \_\_\_\_\_
- Breathwork / Meditation \_\_\_\_\_
- Other \_\_\_\_\_

**ONE WIN TODAY, HOWEVER SMALL:**

\_\_\_\_\_  
\_\_\_\_\_

**I WAS GRATEFUL FOR MY BODY WHEN:**

\_\_\_\_\_  
\_\_\_\_\_

**HOW I SUPPORTED MY NERVOUS SYSTEM TODAY:**

\_\_\_\_\_

**TONIGHT I AM RELEASING:**

\_\_\_\_\_  
\_\_\_\_\_

**TOMORROW I INTEND:**

\_\_\_\_\_  
\_\_\_\_\_

**👉 PARTNER CHECK-IN (OPTIONAL)**

One thing I noticed today:

\_\_\_\_\_

What would help me most right now:

\_\_\_\_\_

WEEKLY REFLECTION

# Week Four

Days 22–28 · Pause. Notice. Reflect.

What patterns did I notice this week?

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What helped me most?

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What surprised me?

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What do I want to try differently?

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My body felt mostly...

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My mood was mostly...

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A message to myself from this week:

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WEEK 4 SYMPTOM SNAPSHOT:

Hot Flashes

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 PARTNER CHECK-IN – WEEK 4

For the partner: share what you noticed

Sleep Quality 00000

Energy 00000

Mood 00000

This week I noticed she...

This week I want to try...

Something I am grateful for...







## Acupressure Log

### KEY ACUPRESSURE POINTS FOR MENOPAUSE – REFERENCE

**Kidney 1 (KD1) – Gushing Spring** · Center of the sole, upper third · Cools heat, calms hot flashes, grounds energy

**Kidney 6 (KD6)** · Below the inner ankle bone · Nourishes Yin, supports sleep and cooling

**Spleen 6 (SP6)** · Four finger-widths above inner ankle · Hormonal balance, sleep, mood

**Pericardium 6 (PC6)** · Three finger-widths above inner wrist crease · Anxiety, nausea, heart palpitations

**Large Intestine 4 (LI4)** · Web between thumb and index finger · Pain, headache, immune support. Avoid in pregnancy.

Point Name	Location on Body	How Often	What I Noticed

### ADDITIONAL NOTES ON WHAT I FELT / EXPERIENCED:

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## Practitioner Notes & Questions

### MY HEALTHCARE TEAM:

Name	Type (GP, Acupuncturist, etc.)	Phone / Contact

### QUESTIONS I WANT TO ASK AT MY NEXT APPOINTMENT:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

### MEDICATIONS & SUPPLEMENTS I AM CURRENTLY TAKING:

Name	Dose	Frequency	Prescribed by

**APPOINTMENT NOTES:**

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## Section Five: My Second Spring Vision

### A Letter to My Future Self

Write this letter on Day 1. Return to it on Day 30.

Date written: \_\_\_\_\_

Date to revisit: \_\_\_\_\_

Dear future me,

In 30 days, I hope to feel...

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The version of myself I am becoming is...

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What I want her to know...

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I give her permission to...

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With love,

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Your signature



## What I Am Releasing & Calling In

"You cannot step into your Second Spring carrying everything from the first. Some things must be returned to the earth."

### I am releasing...

Old stories, old fears, old patterns that no longer serve you.

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### I am calling in...

The energy, qualities, and experiences you are ready to welcome.

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*"Every season of life asks us to release something. The women who flourish are the ones who open their hands."*



## Section Five: My Second Spring Vision

### My Second Spring

In Chinese medicine, the years after menopause are called the Second Spring — a season of clarity, creative power, and freedom. This is your vision for that chapter.

#### ENERGY

In my Second Spring, my energy feels...

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#### BODY

My relationship with my body is...

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#### RELATIONSHIPS

My partnerships and friendships are...

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#### PURPOSE

What lights me up and gives me meaning is...

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#### JOY

My Second Spring joy looks like...

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*"You are not at the end of something.  
You are at the beginning."*

*Welcome to your Second Spring.  
You are ready."*

**Michael Hunter**

Licensed Acupuncturist & Natural Health Practitioner

**UPSPIRAL LIFE**

TheMenopauseMasterclass.com