

The Optimized Woman: Menstrual cycle survey

| www.optimizedwoman.com | enquiries@optimizedwoman.com |

Date: March 2009

Women's menstrual cycle survey

This survey was originally launched in 2005 to be research for 'The Optimized Woman – Using the menstrual cycle to achieve success and fulfilment'. The book is now published but because so many women have found the survey useful I have continued to offer it.

I am continuing to write a number of other books about the menstrual cycle and if you would like to share your experiences, please don't hesitate to contact me or to send me the conclusions of your survey. I will contact you for permission for any use of your experiences.

I hope you enjoy using the survey to discover your cycle!

Miranda

In this survey be aware of:

1. The things you find easier or more difficult during the month.
2. Note your experiences in the table provided (print out one table per month)
3. Answer a few simple questions based on your experiences. Your answers to these questions will help you to identify your cyclic energies and abilities.

Once you understand the experiences to look out for, it shouldn't take you more than 30 seconds a day for a month to fill in the table.

If you know your cycle date, great, if not then please wait until *the first day of bleeding (day 1)* to start your record.

Please note that other influences will have an effect on how you experience your cycle, for example you will feel tired if you have a late night out and not enough sleep!!

So what should you be looking out for?

Below are some ideas of things that may change for you during your cycle.

You can give experiences a numerical value, for example you could rate your mental attention span on a good day as 9/10. If you find it difficult to know what you are experiencing **try comparing your abilities and feelings with the previous phase.**

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Your experiences:

Physical abilities:	
Physical energy and stamina	Need for more / less sleep
Co-ordination	Need for more / less stimulants
Driving / parking ability (spatial awareness)	The need to clear away clutter / tolerant of clutter
Sexual energy / interest – high / low interest	Sexual desire – passive/ active, erotic / sensual, loving / demanding
Favourite sexual position / adventurous or 'the usual'	Need for penetrative sex
Frequency of masturbation	Need for orgasm / ability to orgasm

Mental abilities	
Experiencing good / poor memory	Attention span and focus good / poor
Ability to think logically / head full of cotton wool!	Communications skills – ability to articulate your ideas, points, views, much more easy / less easy and frustrating
Multi-tasking easier / harder	Ability to plan easier / less easy
Need for structured working / able to wing it	People management skills – active listening, validation etc. comes easier / harder
Problem solving, creative new ideas, new take on old aspects is easier / harder	Attention to detail
Able to prioritise / less able to prioritise	Dispassionately able to kick out what doesn't work for you / unable to know what is right for you.
Judgemental, critical, able to see faults and what needs doing / accepting of faults and imperfections and don't need them fixed immediately.	More direct / less time for social niceties
Frequency and need for sexual fantasies and day dreaming	Level of sexual inhibition

Emotional abilities	
Feeling more / less empathic	Ability to mediate / need to run from conflict
Feeling more / less compassion	Feeling more able to cope / more easily overwhelmed and panicking
Ability to reach compromise / need to be right and get your own way	Feeling successful, enthusiastic and motivated / depression, lack of motivation
Feeling more / less altruistic	Feeling more stressed / calm and accepting
Feeling more confident / less self-confidence	Need for creative outlet / lack of creative feelings
Feeling successful / lacking success	Sociable / less sociable
Needing more validation from others / being more self contained	Sensitive to criticism and judgement (seen as a personal attack) / being more

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	objective
Being more intolerant and impatient / able to go with the flow	More driven, goal and achievement orientated / more people and networking focused.
Happy with who you are and what you do / the need to change yourself and your job	Emotionally needy sex
Casual sex / commitment sex / spiritual or deeply meaningful sex	Sexual confidence / body confidence

Recording your cycle:

Date	Cycle day number	Experiences
	1	
	2	
	3	
	4	
	5	
	6	
	7	
	8	
	9	
	10	
	11	
	12	
	13	
	14	
	15	
	16	

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	17	
	18	
	19	
	20	
	21	
	22	
	23	
	24	
	25	
	26	
	27	
	28	
	29	

For a downloadable 'Cycle Dial' version of this table see resources at www.optimizedwoman.com

Questions to ask yourself:

1. Which abilities were most noticeably better during which phases?

a) Dynamic phase days: 7-13 (pre-ovulation):

b) Expressive phase: days 14-20 (ovulation):

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c) Creative phase: days 21-approx 28 (pre-menstrual):

d) Reflective phase days 1-6 (menstrual):

Did these abilities make your work easier, give you a better insight in what you want or don't want in life, help you to feel more confident or more able to create the achievements you want?

2. Which phase did you find the most difficult and why?

Can you find a positive side to your experiences during this phase and how could you apply this knowledge to your activities next month?

3. Did you find out anything surprising about your abilities during your cycle? Why was it surprising?

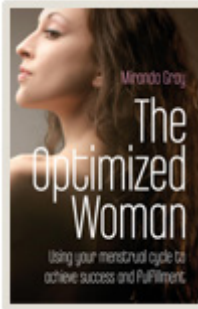
4. Having seen the changes in your abilities throughout the month how could you use this information in a practical way to make yourself better at your job or achieving your goals?

For example, perhaps you could move tasks to take advantage of times when you find particular tasks easier?

5. Is there anything else you would like to share about your experiences of your cycle and how you could use your knowledge positively to enhance your work and life in general?

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The Optimized Woman – Using the menstrual cycle to achieve success and fulfilment.

By Miranda Gray

> www.optimizedwoman.com



Optimized Woman: Menstrual cycle life-coaching online course

Written and mentored by Miranda Gray

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Optimized Woman newsletter – sign-up online! > www.optimizedwoman.com

A monthly article to help build awareness of your cycle and use its *Optimum Time* abilities to create the life and well-being you desire.