

Day 7: Optimum Time energies and abilities

Welcome to the start of a new cycle! This is going to be the beginning of an amazing month. We are going to explore the energies of each phase, use them to help us outline our goals, change beliefs which are holding us back from reaching our full potential, and use the energies to excel in all areas of our lives!

The reason Cycle Day 7 is the start of the new cycle is the dynamic mental and physical energies we can experience in this phase. We have come out of the hibernation of the menstrual phase with renewed physical energy, motivation and enthusiasm. We feel confident in ourselves, have a natural optimistic outlook, experience the belief that we can achieve anything, and are ready to get started! We also need less sleep, have greater physical stamina and are more sociable, making this the Optimum Time to go out and have fun and to step outside our comfort zone and try something new.

In this phase we have strong multi-tasking abilities, so this is the Optimum Time not only to catch up on anything left unfinished at the end of the last cycle, but to do tasks which have been left for weeks, months or even years. We need to set ourselves multiple projects during this phase as our motivation is built on results and progress, and the lack of quick and positive progress can bring frustration and irritation. If one project doesn't develop as quickly as we like, we can turn our attentions to another.

In the Action phase we can experience heightened mental abilities, a good memory, excellent logic and reasoning skills and the ability to plan and structure. We can take an overview approach or a fine detail approach with equal success. These abilities, plus our increased confidence and stamina, makes this the Optimum Time to initiate and start work on new projects. Not only can we identify what we need to do, we have the energy to get started immediately and our enthusiasm will drive us through the phase to achieve far more than we can imagine.

Our enhanced skills and abilities in this phase are not just for the big things. We can use this phase's heightened mental skills to read the small print in deals and

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contracts, to sort through our accounts and finances, to plan for the month and for the future. Our positive self-belief means that we can handle any bad news well, as our approach is to work out how to fix it and take the first steps towards solving it.

In the workplace, this is the Optimum Time to shine in traditionally male areas. We can use our heightened mental skills to good effect in structuring information, logical problem solving, getting our views across in reasoned debate, presenting our work in an unemotional way, taking on responsibilities, checking details, working late and making things happen quickly and efficiently. We can also maintain high levels of concentration for longer, enabling us to be more effective and efficient and highly productive. So often we lose the benefits of this phase because it only lasts for about a week. We can view ourselves as inconsistent, but when we acknowledge that we have enhanced abilities and we make practical use of them we can out-deliver and outshine people around us!

This is also the phase for self-development. It is the Optimum Time for learning something new, and we can amaze ourselves at how quickly we can understand and pick up complex information and skills. We can use this phase to start a class, read and research new diets, lifestyle regimes and self-development techniques, or simply pick up the computer manual and learn how to do something technical. It's also the Optimum Time for taking things to the next level, for example to increase the repetitions in the gym or cut down on smoking. This is the Optimum Time to start a new diet and to weight ourselves. In fact it's the only time we should weigh ourselves, as we have the self-confidence to accept any bad news and the determination to put it right, plan the diet for the month ahead, and get started.

Optimum Time skills and abilities:

- Self-confidence
- Self-belief
- Independence
- Self-empowerment
- High motivation
- Strong enthusiasm

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High physical energy
Good reasoning skills
Logical and structured thinking
Good memory recall
Excellent learning skills
High levels of concentration
Orientation towards facts
Mental creativity
Personal drive and ambition

What works well in this phase:

Multi-tasking

Create multiple tasks and projects, as we can often feel frustrated in this phase if we don't feel we are making headway, achieving something or acquiring success.

Catching up

Use this phase to catch up on work and tasks left unfinished in the low energies of the Soul phase.

Planning and organising

Plan the week, month and year ahead. Research the information needed to organise and book events, or for financing and buying your dream purchase. Look for the best deals. Also plan actions each month based on your Optimum Time skills and abilities.

Working alone

Work alone on projects so you can work at your own fast speed and not get frustrated by the slowness or lack of enthusiasm of others.

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Goal motivation

Motivate yourself by having a goal to work towards. You will naturally believe you can achieve it.

Learning and mental exercise

Use this Optimum Time to learn something new. Learn a language or new skill, increase your knowledge of a subject, test your memory and exercise your mind with puzzles and quizzes.

Sociability

After the hibernation of the Soul phase, get out and socialise. Your renewed physical energies will let you work and play hard. In this phase relationships tend to be less emotional and more self-orientated on your wants, goals and achievements.

Self-confidence

Step outside your comfort zone. Take on new tasks or responsibilities for this phase. Do something you wouldn't normally do, and see what happens!

What doesn't work so well in this phase:

This is a phase focused around ourselves, our success, our goals and wants and needs. Our sense of self is tied up in our results and achievements. This gives us little empathic skills, which can make us less able to validate other people's emotions and viewpoints. We are not natural team players in this phase, and are much more motivated by taking complete control or taking independent action. The Action phase is not the phase for counselling, nurturing or having deep emotional conversations with others.

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Our strong sense of empowerment creates a drive to take action, meaning that we are unlikely to let things develop in their own time, go with the crowd, or go with the general flow in life. We are more likely to take on the battles to make things happen the way we want them to. We can also be very specific about what we want, and so less likely to trust others to do things. This results in us being less able to delegate or give others the chance to take on responsibility and grow. Allowing people to make mistakes doesn't come naturally in this phase.

Finally, as our mental structural and reasoning skills are so strong, it is more difficult for us to work with abstract and unstructured creativity in either concepts or people.

When we know what works well for us and what doesn't in a phase, we can plan the month ahead (in the Action phase obviously!) to take advantage of our optimised skills and abilities and to meet our needs, but also to avoid situations which are not in tune with our natural abilities.