

Miranda Gray



Women's writer, artist, facilitator, menstrual and spiritual teacher

What's the secret to keeping your New Year resolution?

New Year resolutions always seem like a good idea at the time.

We have a great starting date - the first day of the New Year - so what could be better?! But for some of us, a week or two into the year - and sometimes even only a few days into the year - the resolution can seem insurmountable. The new diet, giving up smoking, the new fitness regime, the 'being a better person', and the 'I've got dreams and I'm going to make them come true this year', all seem to collapse in January.

Unfortunately for many of us our resolutions are set to fail even before we start the New Year. Why? Because we are trying to start a new project at the wrong time of our menstrual cycle!

The **menstrual cycle** contains *Optimum Times* - days of heightened abilities, energies and skills. Our monthly cycle is a natural flow through these days of changing peak efficiency, excellence and motivation. So, if we want to achieve our New Year resolution, we need to start it in the *Optimum Time* for new projects.

Ideally, the best time to start a new project is when we experience good physical energy and stamina, 'get up and go', and strong natural feelings of self-confidence, optimism and self-belief. We also need excellent mental skills for planning and multi-tasking and have personal success as our motivator to carry us through any initial challenges. We find all these abilities, energies and skills, in the **Action phase** – the days after menstruation and before ovulation.

If the Action phase is the best time to start a project, what would be the worst?

The pre-menstrual phase, with its decline in energy and mental skills, its heightened emotional sensitivity and overwhelming critical thoughts and negative feelings, sabotages a project before it even starts! The menstrual phase is also a poor time to start a new project as we have depleted physical and mental energy and stamina and low motivation and enthusiasm.

So what's a girl to do?

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If your New Year resolution has collapsed, **don't worry**; simply wait until around day 7 of your cycle and start it up again! Then use the pre-ovulation phase 'week' to plan, structure and organise everything you need to support your goal, and **do it now** rather than later in your cycle when your energies are low.

If you match the task to the time – you will shine!

To learn more about your unique *Optimum Times* and how to use them to create success and well-being read 'The Optimized Woman' by Miranda Gray.

