

UNLOCK YOUR POTENTIAL



BECOMING
Her

A PROVEN METHOD BY SANDRA TORRES

THE FEMININE CYCLE DECISION SYSTEM

How to think, act, decide & move based on your cycle

Phase	Energy	Identity	Focus
Menstrual	Low	The Reflective Woman	Rest & Clarity
Follicular	Rising	The Becoming Woman	Ideas & Planning
Ovulatory	Peak	The Magnetic Woman	Visibility & Action
Luteal	Grounded	The Selective Woman	Boundaries & Refinement

*MENSTRUAL - AVOID MAJOR DECISIONS. FOCUS ON CLARITY, REVIEW, AND RELEASE.

*FOLLICULAR - INITIATION AND PLANNING START NEW PROJECTS. SAY YES TO ALIGNED OPPORTUNITIES.

*OVULATORY - ACTION AND VISIBILITY MAKE BOLD DECISIONS. COMMUNICATE, PRESENT, AND LEAD.

*LUTEAL - REFINEMENT AND BOUNDARIES EVALUATE, ORGANIZE, AND SET LIMITS. DECIDE WHAT STAYS.

DECISION FRAMEWORK

1. IDENTIFY YOUR CURRENT PHASE.
2. DETERMINE IF THE MOMENT IS FOR EXPANSION OR REFLECTION.
3. ALIGN THE DECISION WITH YOUR CURRENT ENERGY LEVEL.
4. AVOID FORCING OUTCOMES THAT DO NOT MATCH YOUR STATE