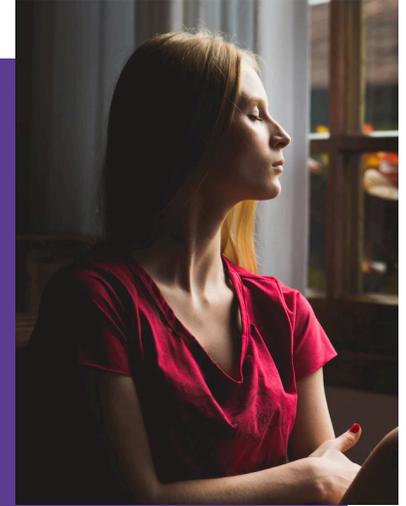


*Flo*28

**Feminine vs Masculine Energy
Balance Assessment**

Feminine vs Masculine Energy



For each life area listed below, check off which approach is more like you, most of the time. If your approach always varies or is somewhere in between the two choices, check both boxes. When you have completed the questions, record your totals and review your answers to see which side of yourself you draw on most. Are you balanced? Or do you lean strongly towards using only one kind of energy or the other?

Assessment Begins on Next Page...

Feminine vs Masculine Energy Balance Assessment

Starting your day

- A: You wake up and immediately check email or think about your to-do list, plotting out how you'll get it all done, usually feeling stressed or rushed.
- B: You have a morning ritual for yourself and your body that feels good, energizes you, and allows you to intuitively approach the day.

Work

- A: You tend to keep long to-do lists, which feel never-ending, and often your self-worth is wrapped up in how busy or important you feel.
- B: You plan your to-do list after evaluating what's truly needed; you trust the process and don't do more than is necessary.

Eating

- A: When you hear about a new diet trend (gluten-free, paleo, keto, etc.), you try to stick to eating that way every day, and get down on yourself when you don't.
- B: You eat intuitively and in line with your body's natural cycles and rhythms.

Social

- A: When a friend or partner calls you in the middle of your work day, you give them a quick piece of advice, offer to call them later, and get off the phone.
- B: Any time a friend calls, you listen and empathize and find a nice way to get off the phone twenty minutes later, or longer.

Energy Check-in:

- A: At work, you feel tired but decide to push through and stay focused so you can leave on time.
- B: You feel tired and intuitively know that you will soon be cranky, so you take a 15-minute break to breathe and make tea, then plan to leave late.

Health

- A: You think that mood swings/fatigue/cravings/headaches/insomnia are normal and you push through them.
- B: When you notice a symptom pop up in your body like mood swings/fatigue/ cravings/headaches/insomnia, you use it as a signal to slow down and make a change with how you're taking care of yourself

Excercise

A: You try to stick to the same workout routine every day or every week.

B: You select your workout based on how your body is feeling right now.

Relationships

A: At the end of the day, you want to talk to your partner or friends about what you accomplished and then crash in front of the TV with a glass of wine.

B: You want to talk with your friends or partner about how you are feeling and then cuddle or share advise.

Winding Down

A: You quiet your mind by organizing the house and making the next day's to-do list so you can have a focused start tomorrow.

B: You quiet your mind by meditating and trusting that tomorrow will unfold as it should.

TOTALS: A _____ B _____

Mostly A's:

You rely mostly on your masculine energy. It's not surprising and you're so not alone! Our current world was designed to support masculine energy, and is therefore trying to keep you on that 24-hour clock of constantly going, doing, and outputting. In the long run, operating mostly in this way could lead to burnout, hormonal imbalances, and relationship struggles.

What we recommend: Tune into your body and the changing phases of the 28-day cycle (rather than just the 24-hour clock!) which will help you feel more balanced and in the flow. You'll find that you can actually be MORE productive this way, because you're relying on different energy patterns and ways of being.

Next step: Download the MyFLO App to get started tracking your cycle and tuning into the changing phases.

Mostly B's:

You rely mostly on your feminine energy. Kudos to you for getting in tune with this energy in a world that can be more masculine-oriented! This is a great way to be centered in what works for your heart and body as a basis to navigate your life. Without the balance of some masculine energy, however, you may find that you struggle with setting boundaries and asserting your agenda at times.

What we recommend: The beauty of connecting to the 4 phases of your cycle is that you'll learn how your body has natural indicators of when it's time to go, and when it's time to slow. Following this 28-day cycle will help you function optimally and maintain that feminine flow!

Next step: Download the MyFLO App to get started tracking your cycle and tuning into the changing phases.

