

# Menopause Masters

## ★ WEEKLY CHECKLIST ★

Menopause Masters Academy

Name: \_\_\_\_\_ Start Date: \_\_\_\_\_

### **Phase 1:** Awareness & Stabilisation

- Week 1: The Foundation (Module 0 & 1)
  - Listen to Mindfulness Breath Awareness (3x this week).
  - Introduce yourself in the Community.
  - Identify your "Top 3" symptom triggers.
- Week 2: Mind-Body Mastery (Module 2)
  - Complete the "Catastrophic Loop" reflection.
  - Practice Guided Imagery or the Body Scan for physical relief

### **Phase 2:** The Cognitive Mastery & Sleep

- Week 3: CBT for Anxiety (Module 3)
  - Complete one Meno-Thought Record to catch your inner critic.
  - Try the Behavioural Activation tool to break the "Meno-Freeze."
- Week 4: Sleep Mastery (Module 4)
  - Implement the 20-Minute Reset (Stimulus Control).
  - Use Yoga Nidra or Mindfulness Moments for 3 nights.

### **Phase 3:** Identity, Resilience & Integration

- Week 5: The Holistic Roadmap (Module 5)
  - Identify one nutritional or movement shift for hormonal balance.
  - Practice Visualisation for Inner Calm.
- Week 6: Identity & Confidence (Module 6)
  - Practice Relaxation Meditation for core confidence.
  - Write down 3 affirmations for your "Second Spring"
- Week 7: Support & Sustainability (Module 7)
  - Identify 3 people/resources for your long-term support network.
  - Listen to Guided Self-Compassion
- Week 8: Celebration & Action (Module 8)
  - Complete your "Personalised Action Plan" for thriving.
  - Share your biggest "Mastery Win" in the community

***"Small, consistent actions lead to clinical transformation."***