

PERIOD DIARY 1

1. Write down 5-10 words that you associate with having a period.

Using 3 different coloured highlighters, colour code each word you wrote above into one of 3 categories:

- Positive words (eg: Intelligent, insightful, grateful, communication)
- Neutral words (eg: biology, red, uterus)
- Negative words (eg: pain, suffering, frustrating, stupid, annoying)

2. Reflect on how many words you have in each category above. For each negative word you have written down, write down a positive word you would like to replace it with (eg: Write 'insightful' instead of 'frustrating').

NEGATIVE WORD	POSITIVE REPLACEMENT

3. Write 2-3 sentences to describe having a period using all the positive words you've listed in the table above (eg: my period is intelligent because it can communicate to me about my health).

