

Noticing the Pattern: A Perimenopause Reflection Journal

A gentle way to notice whether the scattered things you're feeling are actually connected.

Maybe you haven't been sleeping great, or you've been snapping at the people you love, forgetting what you were going to say mid-sentence, and blaming it on how busy life feels right now. Maybe you've wondered to yourself if something else is going on, then talked yourself out of it because your period still shows up.

No matter what you're feeling, it's valid.

Perimenopause rarely announces itself all at once. It can show up as sleep challenges, changes in your mood, forgetfulness and cycle changes, though these can come from other things too, which is part of why they're so easy to miss. You might notice fatigue that rest doesn't fix, or irritability that comes out of nowhere. You may or may not experience hot flashes.

Most of us learn to explain each thing on its own, without ever lining them up side by side to see if there's a connection. That's what this journal is for. Helping you notice whether one is there.

This journal isn't here to diagnose you or tell you exactly what's happening in your body. It's here to help you reflect on some of what you've been experiencing, and notice whether it adds up to something worth a conversation with your doctor.

You're not on your own if you've never put these pieces together before. Most women don't, until someone hands them a way to look.



Grab a pen. This one's meant to be written in, not just read.

HOW TO USE THIS JOURNAL

01

Write, don't just read

There's space on almost every page. Short notes are enough, you don't need full sentences.

02

Take it slowly

Work through a page or two at a time, over a few weeks, rather than all in one sitting.

03

Bring it with you

If a pattern starts to show, it's something real to bring to your doctor or a healthcare professional.

NOTICING

Sleep, Mood & Memory

Spot the pattern across a few key areas. You don't need to recognise yourself in all of them. For the fuller list, subscribe to our newsletter for a free *Your Menopause Signs & Symptoms Checklist*.

☐ SLEEP & ENERGY

Often blamed on: one-off tiredness from a late night, a busy stretch at work, or getting older.

When did tiredness stop feeling like just a phase?

What does a typical night look like for you lately?

☐ MOOD

Often blamed on: stress, a rough patch, just having a lot on.

What's triggered a reaction that felt bigger than the moment?

Who's noticed a change in you, even if you haven't said anything?

☐ MEMORY & FOCUS

Often blamed on: being busy, not sleeping enough, getting older.

When has this shown up somewhere it really mattered?

Is it new, or has it been building for a while?

NOTICING

Cycle & Body

● CYCLE CHANGES

Often blamed on: a one-off irregular month, stress, travel.

What have you noticed about the gaps between periods?

How has your cycle changed in the last 6 months?

● BODY

Often blamed on: overdoing it at the gym, getting older, a random headache week.

What's new or different in your body that you can't explain?

Has anything stuck around longer than it normally would?

PUTTING IT TOGETHER

If a few of these sound familiar, that doesn't mean anything is wrong with you. It might mean your body is moving through a transition that research says can last for several years, and that almost nobody explains clearly ahead of time.

Looking at both pages, what pattern is starting to stand out to you?

REFLECTING

A Moment to Reflect

It's okay for it not to be okay that you weren't told this could happen this way. It's okay to feel relief, grief, confusion, or all three at once, if these words are the first time you've seen your experience reflected back at you.

Was there anything on the last few pages that surprised you?

When did you first notice a few of these might be connected?

Who, if anyone, have you actually said this out loud to?

What would feel most supportive to you right now?

TRACKING

Your Noticing Journal

Fill this in over four weeks. A pattern is much easier to see on paper than in memory. Most women don't realise how much they've adapted to until it's written down in front of them.

EXAMPLE ENTRY

DATE	WHAT I NOTICED	HOW I FELT ABOUT IT
14 Aug	Snapped at my partner over something tiny, felt bad about it after	Confused, because that's not like me

WEEK 1

DATE	WHAT I NOTICED	HOW I FELT ABOUT IT
_____	_____	_____
	_____	_____
	_____	_____

WEEK 2

DATE	WHAT I NOTICED	HOW I FELT ABOUT IT
_____	_____	_____
	_____	_____
	_____	_____

WEEK 3

DATE	WHAT I NOTICED	HOW I FELT ABOUT IT
_____	_____	_____
	_____	_____
	_____	_____

WEEK 4

DATE	WHAT I NOTICED	HOW I FELT ABOUT IT
_____	_____	_____
	_____	_____
	_____	_____

CLOSING

Before You Go

Whatever this journal ends up showing you, it doesn't have to lead anywhere you don't want it to. Noticing is not the same as deciding. It's just the first honest look.

What's one thing from this you want to remember?

"Paying attention to what you've noticed is a brave thing to do. Be gentle with yourself. You're not alone."

WHERE TO GO FROM HERE

This journal is a starting point. If you want to understand more about what happens across menopause, our course below walks through each stage in everyday language.



THE COURSE

What's Happening to Me? Understanding Every Stage of Your Menopause Journey

Visit the course →



MORE SUPPORT

Some of the topics we've spoken about relate to how you feel emotionally. Speak with your doctor or a healthcare professional if they affect your daily life, or if you don't feel like yourself. You don't have to manage this alone.

Need support right now? findahelpline.com lists free, confidential helplines by country.