

*Encouragement Through
Daily Motivational Prompts*



Gentle Motivations
For Your Fertility Journey

Encouragement Through Daily Motivational Prompts

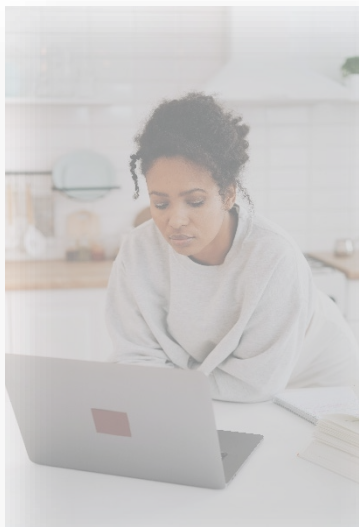
Greetings,

You have taken a step to nourish your fertility by building these daily motivational prompts into your day. For seven days you will begin building and reinforcing healthy lifestyle habits to nourish your fertility.

These lifestyle modifications are with the purpose of helping you to find balance, resilience, and strength while at the same time helping you to arrive at a place of assurance and calm. A worksheet is provided for you to document the prompts that will motivate you.

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Nourish Your Reproductive Health With 1-Daily Motivational Prompt



Day 01

Start day-1 the night before, retiring for the evening so that you get 7 to 8 hours of sleep. A restful sleep should give you the resilience you need for day 1.

- What time will you need to turn in to make this happen?
- What support will you need to assist you in making this happen?

Day 02

Today, seek out a quiet place of calm, allowing yourself 20-mins to 30-mins of relaxation.

- Where will you retreat for this time?
- How can you be supported to make this happen?

Day 03

Take time today for a stroll in a safe and peaceful environment for 15 to 20 minutes.

- Where will you go for your stroll, and will you need a companion?
- What do you need to do to make this happen?

Day 04

Negative thoughts can impact you on your fertility journey. Today when negative thoughts creep in, recite a favorite poem or an uplifting and positive song.

- What poem or song will you recite to capture positive thinking?

Day 05

Whole nutritious food can play a significant role in helping you to nourish your fertility.

- What nutritious food would you like to introduce into your diet today?
- What unhealthy food would you like to eliminate from your diet today?
- What do you need to make this happen?

Day 06

Give time to yourself by creating a spa day at home.

- What essentials will you need to create your spa day?
- What support or cooperation do you need from others to make this happen?

Day 07

Are you doing too much in your day-to-day life?

- What will you eliminate in your day, today to give yourself more breathing room?



Motivational Prompts Worksheet

Day 01

For restful sleep and a resilient day, what time do you need to retire the night before day-1 begins? _____

What support will you need to retire early? _____

Day 02

Where will you go for your 20 to 30 minutes of relaxation? _____

What support will you need to for your relaxation time? _____

Day 3

Where will you go for your 15-to-20-minute stroll, and will you need to stroll with a companion? _____

What support will you need to make this happen? _____

Day 4

What poem will you recite, or song will you sing if negative thoughts creep in? _____

Day 5

What nutritious food will you introduce today? _____
What unhealthy food will you eliminate from your diet today? _____

Day 6

What do you need to create a spa day at home? _____

Day 7

What will you eliminate in your day, today to give yourself more breathing room? _____
