



FERTILE *Optimism*

7-DAYS MOTIVATIONAL PROMPTS

Gentle Motivations for Your Fertility Journey

FERTILEOPTIMISM.COM





WELCOME 7-DAYS OF MOTIVATIONAL PROMPTS

You have taken a step to nourish your fertility by incorporating these daily motivational prompts into your day. For seven days, you will build and reinforce healthy habits to nourish your body for hormonal wellness.

These lifestyle changes are designed to help you find balance, resilience and strength while arriving at a place of assurance and calm. These motivational prompts are accompanied by a worksheet where you can document your answers to the prompts that motivate you.

SOME TIPS TO START

- ✓ **Write In Advance:** Review the prompts and write down your responses in advance.
- ✓ **Trust Yourself:** Write what feels right for you at the moment, and what you truly feel you will be able to accomplish.
- ✓ **Celebrate Every Step:** Every small thing you do for your hormonal wellness is important.
- ✓ **Enjoy the Process:** Remember, wellness is a journey that keeps going. Enjoy learning and growing along the way.

7-DAYS OF MOTIVATIONAL PROMPTS BALANCE

GENTLE MOTIVATIONS FOR HORMONAL BALANCE

DAY ONE

PROMPTS

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.

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

DAY ONE

RESPONSES

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? _____

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DAY TWO

PROMPTS

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

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

DAY TWO

RESPONSES

Day 02

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

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

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GENTLE MOTIVATIONS FOR HORMONAL BALANCE

DAY THREE

PROMPTS

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

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

DAY THREE

RESPONSES

Day 03

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? _____

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DAY FOUR

PROMPTS

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.

- o What poem or song will you recite to capture positive thinking?
- o What three actions will you take to blur out negative thoughts by reciting a positive poem or upbuilding song?

DAY FOUR

RESPONSES

Day 04

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

What three actions will you take to blur out negative thoughts by reciting a positive poem or upbuilding song? _____

7-DAYS OF MOTIVATIONAL PROMPTS BALANCE

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DAY FIVE

PROMPTS

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

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

DAY FIVE

RESPONSES

Day 05

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? _____

7-DAYS OF MOTIVATIONAL PROMPTS BALANCE

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DAY SIX

PROMPTS

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

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

DAY SIX

RESPONSES

Day 06

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

What support or cooperation do you need from others to make this happen? ____

7-DAYS OF MOTIVATIONAL PROMPTS BALANCE

GENTLE MOTIVATIONS FOR HORMONAL BALANCE

DAY SEVEN

PROMPTS

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

- o What will you eliminate in your day, today to give yourself more breathing room?
- o What support or cooperation do you need from others to make this happen?

DAY SEVEN

RESPONSES

Day 07

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

What support or cooperation do you need from others to make this happen? ____
