



# Fertility Freedom - The TWW

HOW TO RUN YOUR TTC JOURNEY AND NOT LET IT RUN YOU

## ☐ *Accept and acknowledge that it's 'that time'*

- Acknowledge your feelings and accept what they are. It's ok to feel whatever you're feeling and to have whatever thoughts come. The trick is what you do during this time

## ☐ *Hit the PAMPER button*

- This is your body's natural relaxation phase - it wants to be rested and pampered. Build in self care, rest, relaxation, and grace during this time

## ☐ *Make plans with friends*

- Balance your rest and relaxation pamper time with fun times doing things you enjoy - this could be out with your partner, some family, or with friends.
- Bonus if this is something also relaxing for you!

## ☐ *Walk and move*

- Exercise during this time should be easy and calm, but still gets your blood moving - walking is the perfect exercise! Bonus points for walking barefoot (grounding!)

## ☐ *Tap, meditate, deep breath - DAILY*

- Choose a daily stress relief technique you like the best like EFT Tapping and make it part of your daily routine



## *Choose your testing day, or whether you'll test at*

- Plan which day you'll test (no sooner than 12dpo!), or decide whether you'll test at all
- Decide on what kind of tracking you'll continue doing, or give yourself a complete break from it - whichever will give you the most peace of mind
- No symptom spotting or tracking - let your body relax and simply be



## *Positive affirmations and gratitude*

- Continue your gratitude practices to keep your mind in the present
- Choose 5 positive affirmation statements that mean something to you - place them on notecards that you can see throughout your home



## *Social media blackout*

- Social media can be a big trigger with pictures and announcements - consider a 2 week cleanse



## *Ideas for TWW plays:*

- Plan an at-home board game night
- Stand-up comedy nights - either out, or in!
- Go out to dinner and a movie
- Go for a hike
- Learn a new hobby, or get yourself an adult coloring book
- Plan a GSD day (get shit done) - nothing feels better than knocking out 10 things that have been on your to-do list for 6 months
- Take a bath
- Read a book you read before and remember LOVING
- Plan a daily nap - this can work wonders!
- Have fun sex! The kind where you're not trying to make a baby and you can simply enjoy each other (or take a complete break, whichever feels more relaxing!)
- Start that tv series you've been wanting to watch but never got the chance to

- Color
- Put together a puzzle
- Go out someplace shopping for something you've been wanting
- Spend some quality time with your pet!
- Catch up with old friends on the phone
- Cook a new recipe
- Plan a spa day or go to get a massage
- Plan your next vacation
- Do a yoga session (I hear goat yoga is all the rage these days!)
- Spend some time writing down your thoughts in a journal
- Stick affirmations around your house
- Create a trivia night with friends or find a local spot doing a trivia night
- Create a photo album