



Fertility Freedom

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

Accept your feelings as they are without judgement

- TTC is hard! It's ok to feel the way you're feeling. There is NO RULE saying you MUST feel a certain way during certain times.
- Give yourself grace and understanding. "I'm feeling happy for my friend that she's pregnant but sad for me...and that's ok"
- Release the timeline. It's not "if", it's "when"

YOU are the priority - Always

- Self-love and care means doing something YOU enjoy for YOU, not for your fertility journey only
- Stress management techniques should be used to treat your body to kindness and love, to release the feelings of anxiety, and to make your day more peaceful
- Become aware of your constant daily thoughts and revisit their use, effect, and need in your life. Use positive affirmations to help replace those that aren't serving you

Write your "I Enjoy For ME" List

- A list of 25 things you really enjoy doing but have stopped doing during your fertility journey (either because you purposely removed it or forgot about it)
- Stretch yourself! If 25 is easy, write down 50
- Each week, go down the list and pick 1 thing to do again
- No more putting life on hold. Live life and your baby will fit right in when they come.