

75 Affirmations

For Fertility and Conception

Every affirmation you think or say is a reflection of your inner truth or beliefs

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For more fertility information,
tools and support;
see womensintegrativehealthny.com

How can affirmations help with conception?

Every thought you think and every word you say is an affirmation. Your self-talk, often negative, is a dialogue of affirmations. With your words and thoughts, you are continually affirming subconsciously and this is creating your life experience.

Every thought you say or think is a reflection of your inner truth and beliefs.

It can be challenging to change beliefs and thoughts that you constantly replay in your mind. Affirmations help you to rewrite these old messages and, therefore, change your beliefs and expectations.

In order to conceive, our bodies rely on a balance of many systems – including the endocrine, immune, and neurological systems. They all need to be in balance and harmony for conception to occur; including your mind/body connection.

All of our thoughts, emotions and beliefs impact our body and when we change our thoughts, emotions and beliefs, we change our body and enhance our fertility.

Affirmations are positive statements. In time, you will become used to repeating these and will see the difference they will make.

Using This Book

These affirmations are specific to helping women overcome emotional barriers to conception. Some will resonate, others will not. Use the ones that fit and reword those that don't so they work for you.

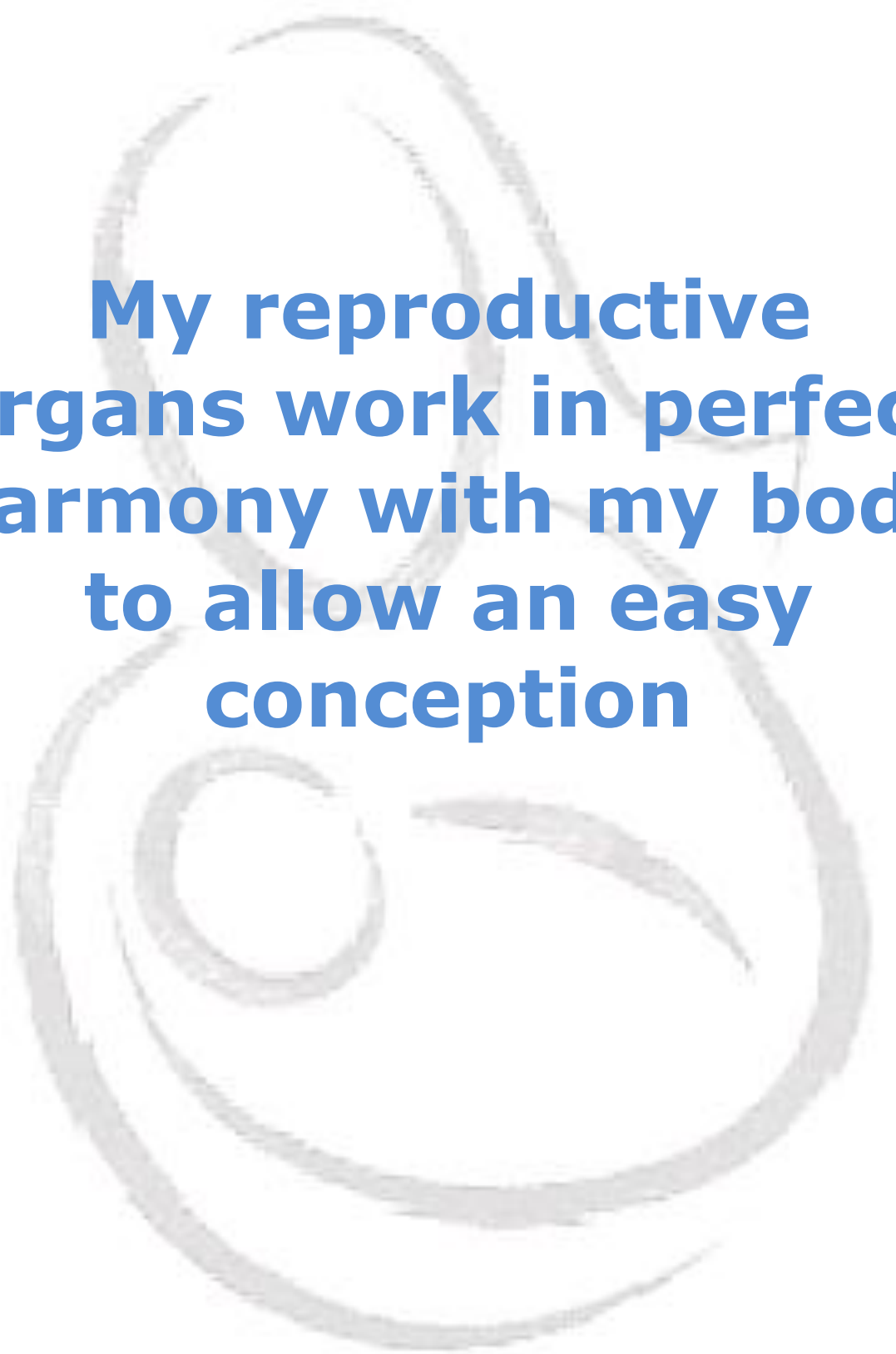
Some may trigger reactions and negative self-talk. If this happens, perhaps it is an affirmation you need to say until you believe it.

Use the empty space to journal your thoughts and reactions to each affirmation. Use words, draw – allowing for a free-flow of your thoughts and feelings. Journaling can be powerful for bringing the affirmations to the forefront of your mind.

Spend a little time each day on an affirmation. They will send a message that you are ready for your baby.



I trust my body

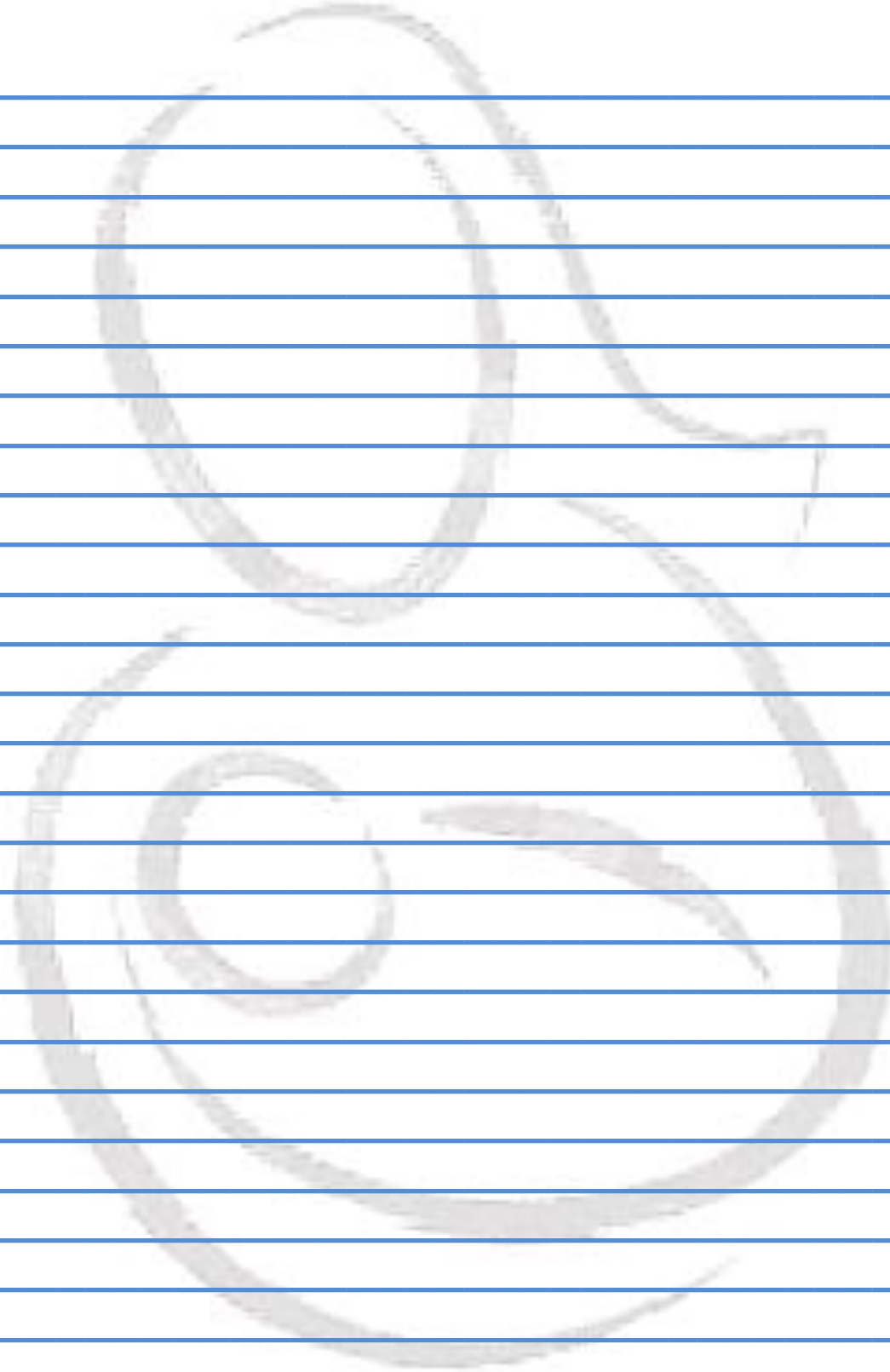


**My reproductive
organs work in perfect
harmony with my body
to allow an easy
conception**



**My body knows how
to conceive a
healthy baby**

Notes and Reflections



A series of horizontal blue lines for writing, overlaid on a large, faint, light blue watermark graphic.



**I trust and
love myself**



**I accept the gift of
life within myself**



**I now release all
emotional blocks that
prevent me from
conceiving a baby**

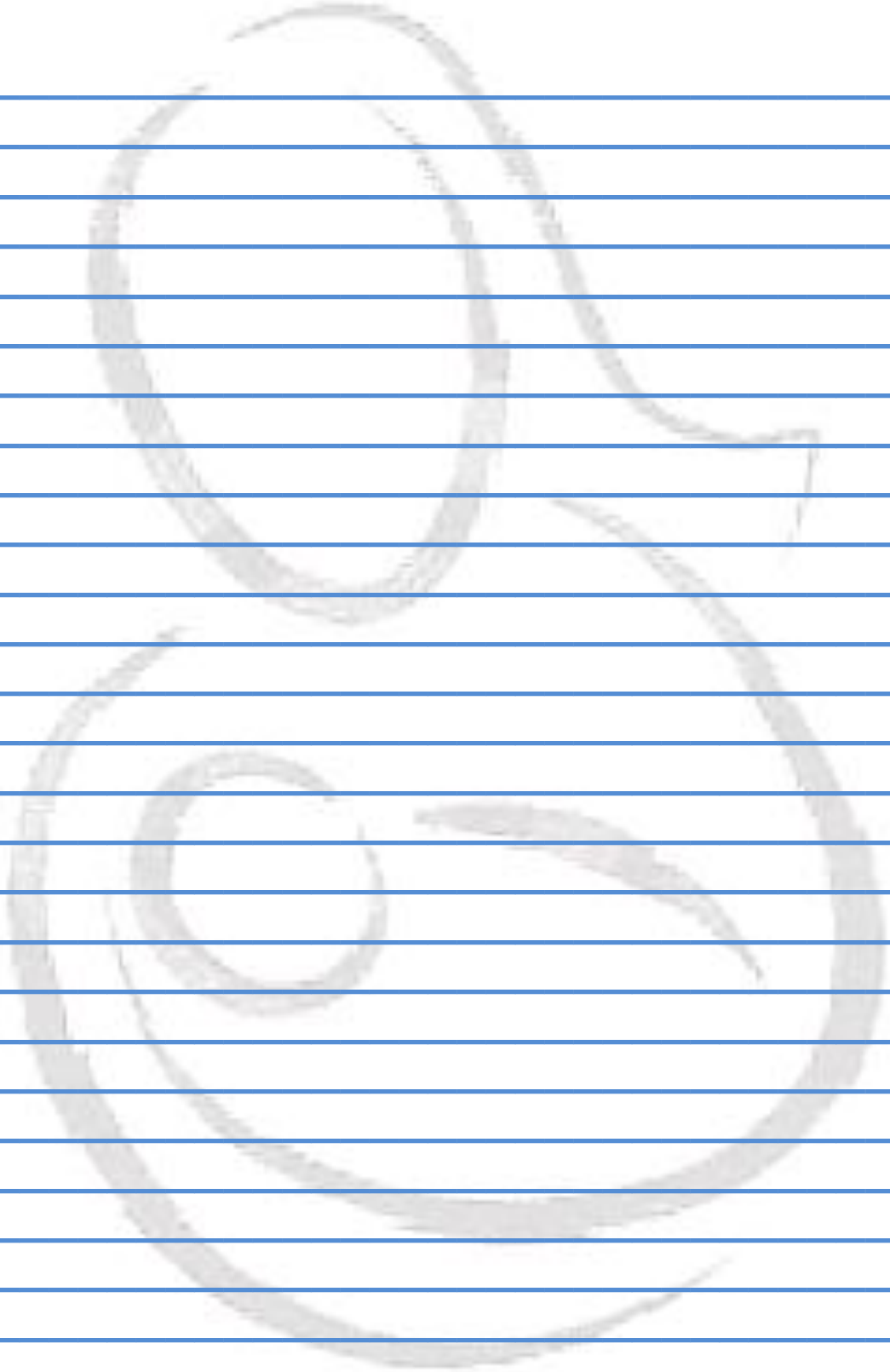


**I choose a healthy
lifestyle that
enhances my fertility**



**I welcome my
time
to be a parent**

Notes and Reflections



A series of 25 horizontal blue lines for writing, arranged in two columns of 12 lines each, with one line centered between them.




**I now manifest my
decision to have
a baby**



**I visualize having
a baby**



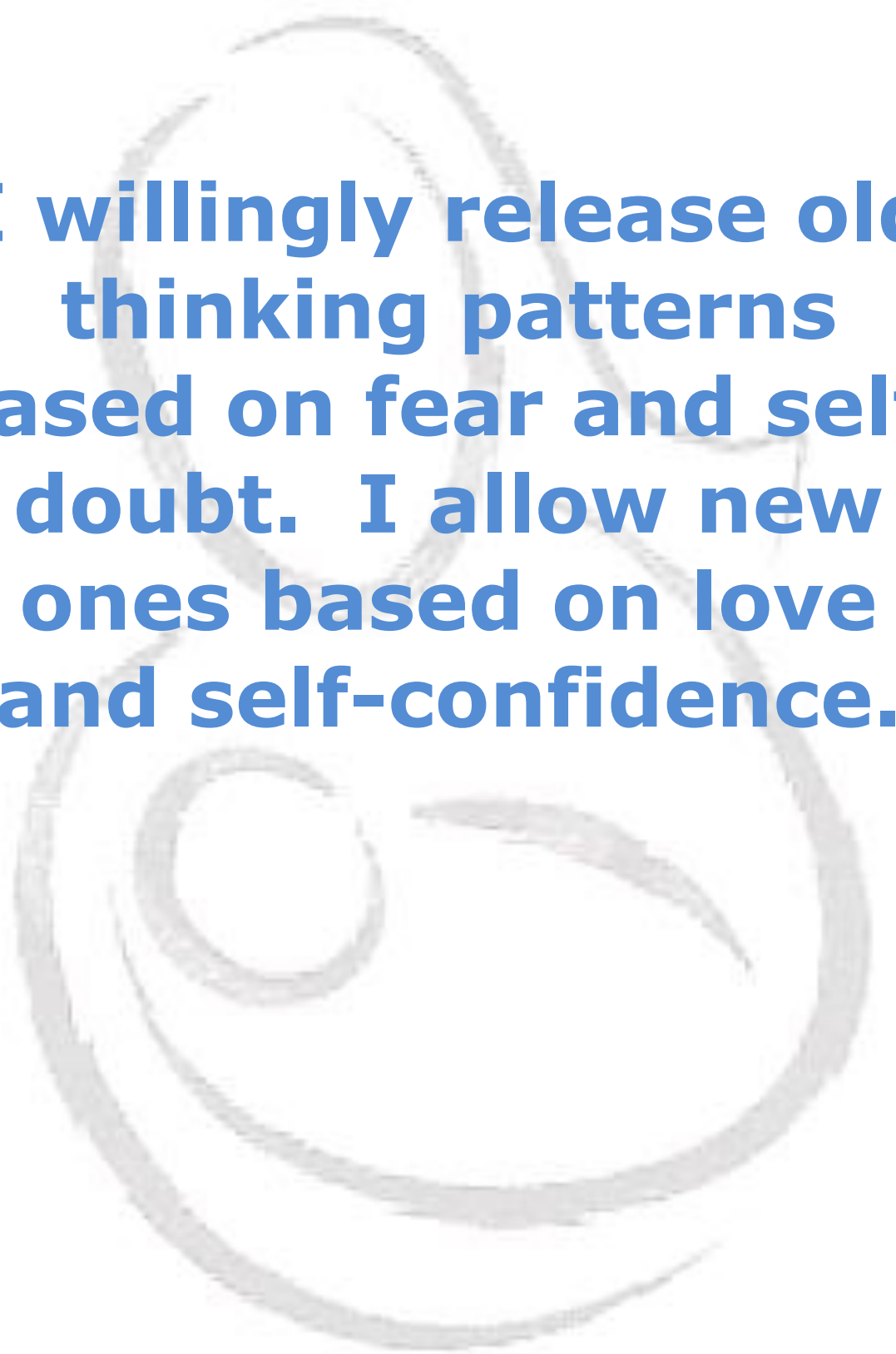
**New balance is
coming to my
body now**




**My eggs are healthy
and happy to be
released during
my next ovulation**




**I allow new
beginnings in my life**



**I willingly release old
thinking patterns
based on fear and self-
doubt. I allow new
ones based on love
and self-confidence.**



**I now choose positive
thoughts that
nurture and support
my life**



**I accept the
responsibilities of
motherhood and I
know I will rise to the
occasion when the
time comes**



**I am now a loving
parent to myself**



**I focus on the power
of now**



**I release fears about
age and time**

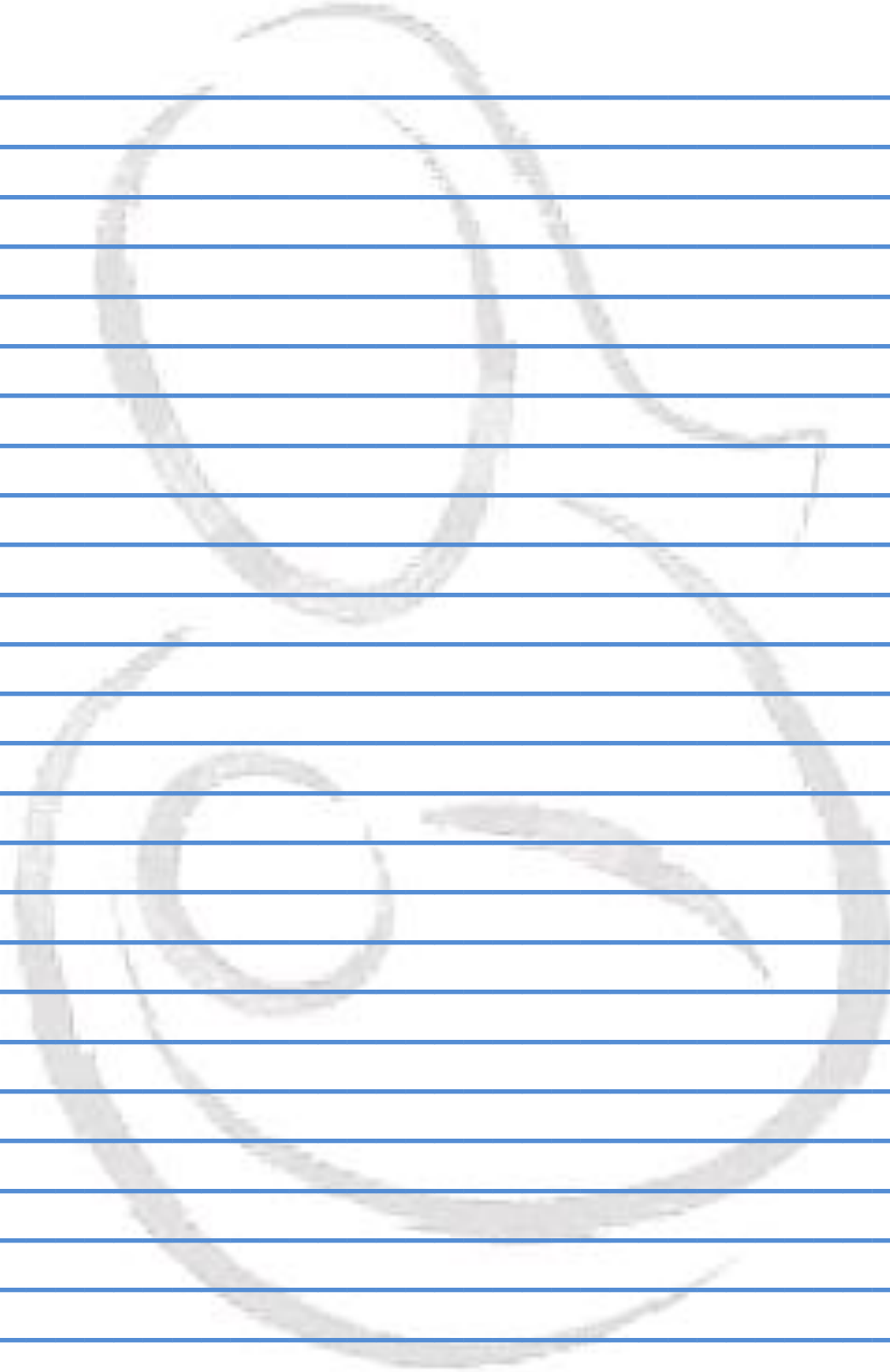


**I set my worries aside
and I allow my body to
do its job**



**I surrender to the
power of nature as I
celebrate a new cycle
of birth within myself**

Notes and Reflections



A series of horizontal blue lines for writing, overlaid with a large, faint, light blue watermark of a stylized 'S' or '3' shape.



**I educate myself about
a healthy pre-
conception life style**




**The universal life force
brings me new
creative energy**



**I graciously accept
my creative powers**

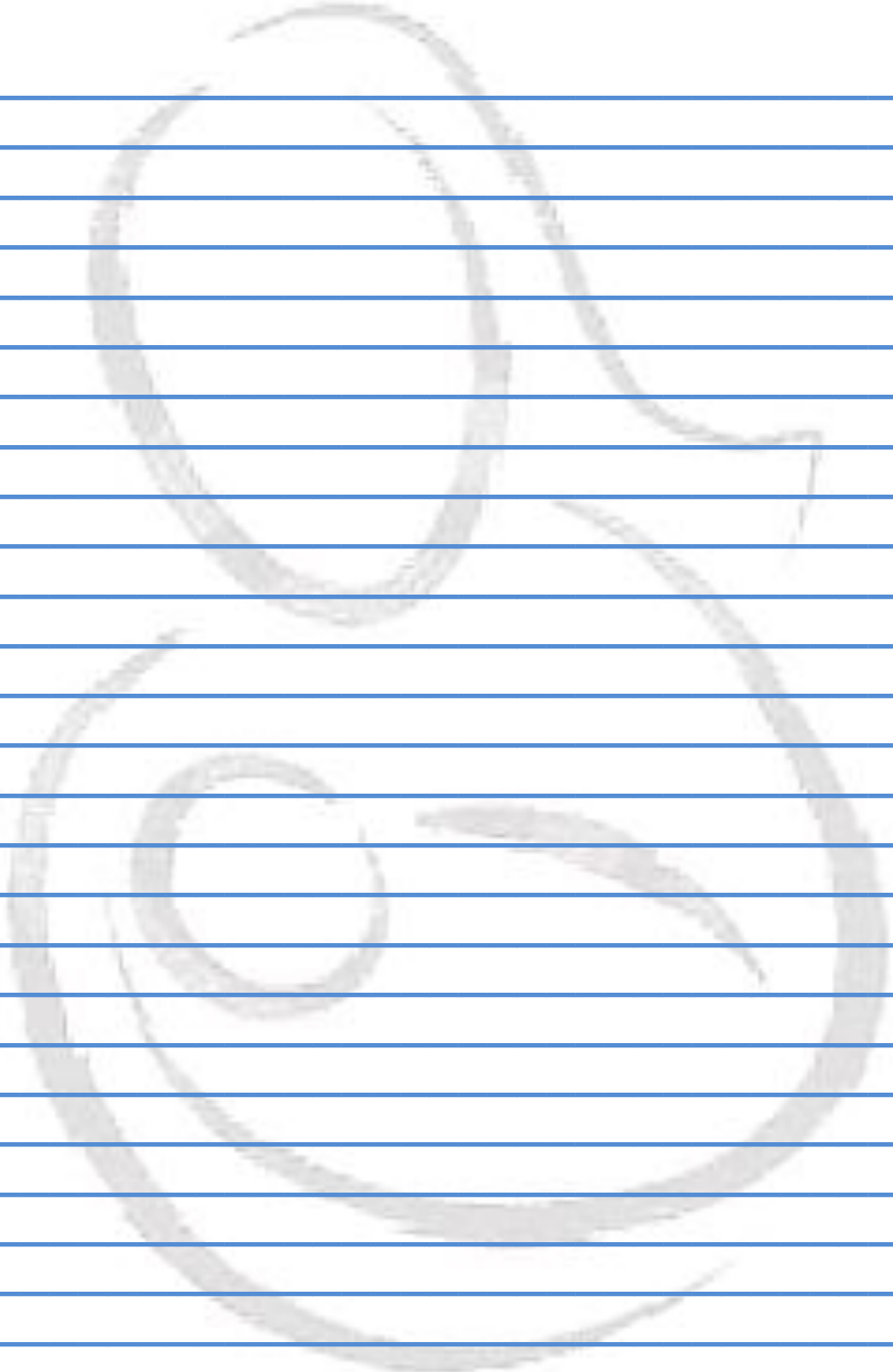


**I allow the creative
forces within me to be
released**



**I allow my energies to
work through me and
bring me a healthy
pregnancy and baby**

Notes and Reflections




A series of 20 horizontal blue lines for writing, spanning the width of the page.



**I deserve the best
outcome and with joy
I am thankful for a
new life**

Notes and Reflections




A series of 20 horizontal blue lines for writing, arranged in two columns of ten lines each. The lines are evenly spaced and extend across most of the page width.

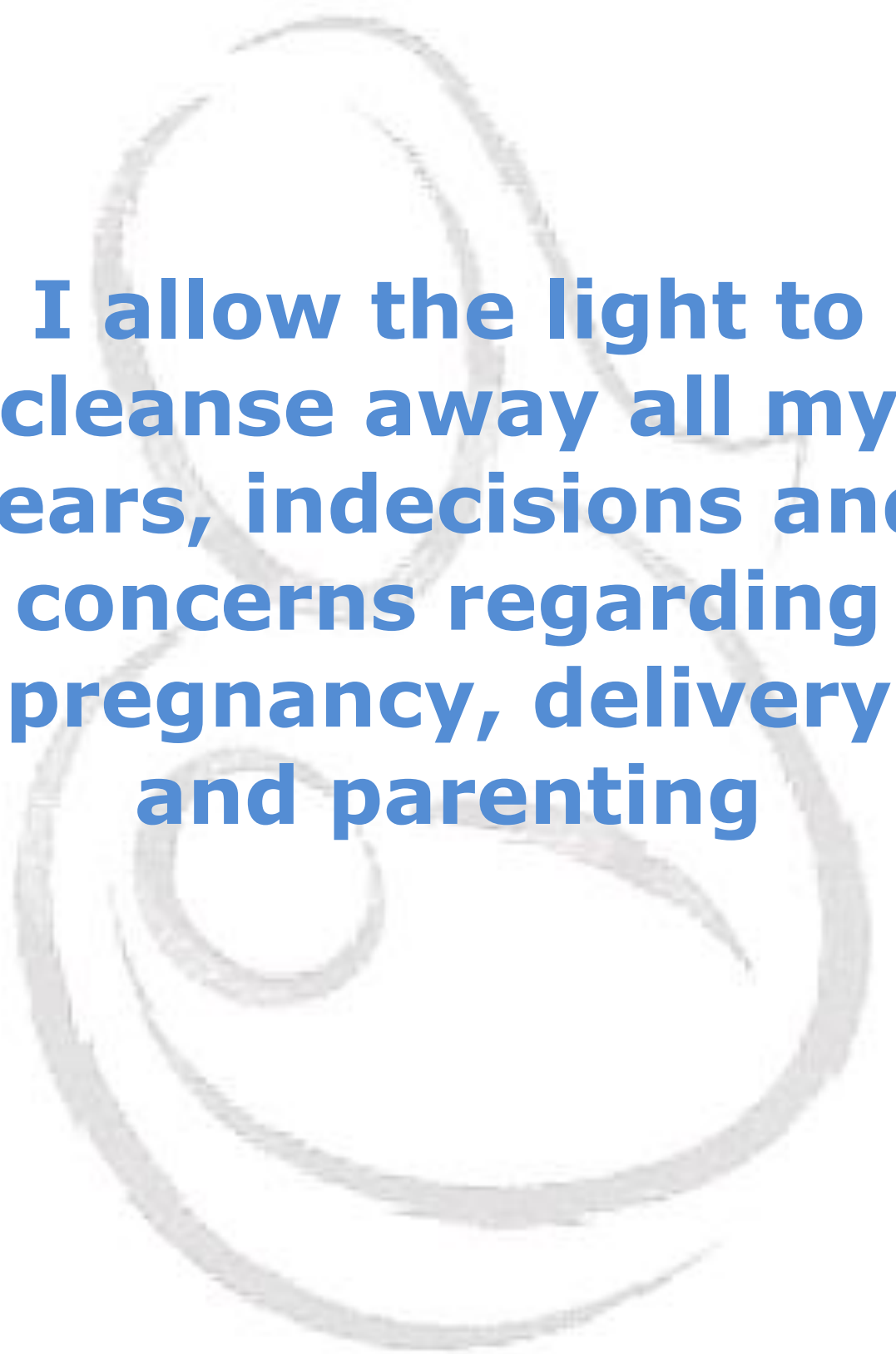


**I experience a
profound connection
to the miracle of life**

Notes and Reflections



A series of 25 horizontal blue lines for writing, arranged in a single column across the page.



**I allow the light to
cleanse away all my
fears, indecisions and
concerns regarding
pregnancy, delivery
and parenting**


Notes and Reflections

A page for notes and reflections featuring 25 horizontal blue lines. A large, faint, grey watermark is centered on the page, consisting of two overlapping, stylized, swirling shapes that resemble the number '3' or a similar abstract symbol.



**I allow harmonious
energies to heal me in
this very moment**

Notes and Reflections

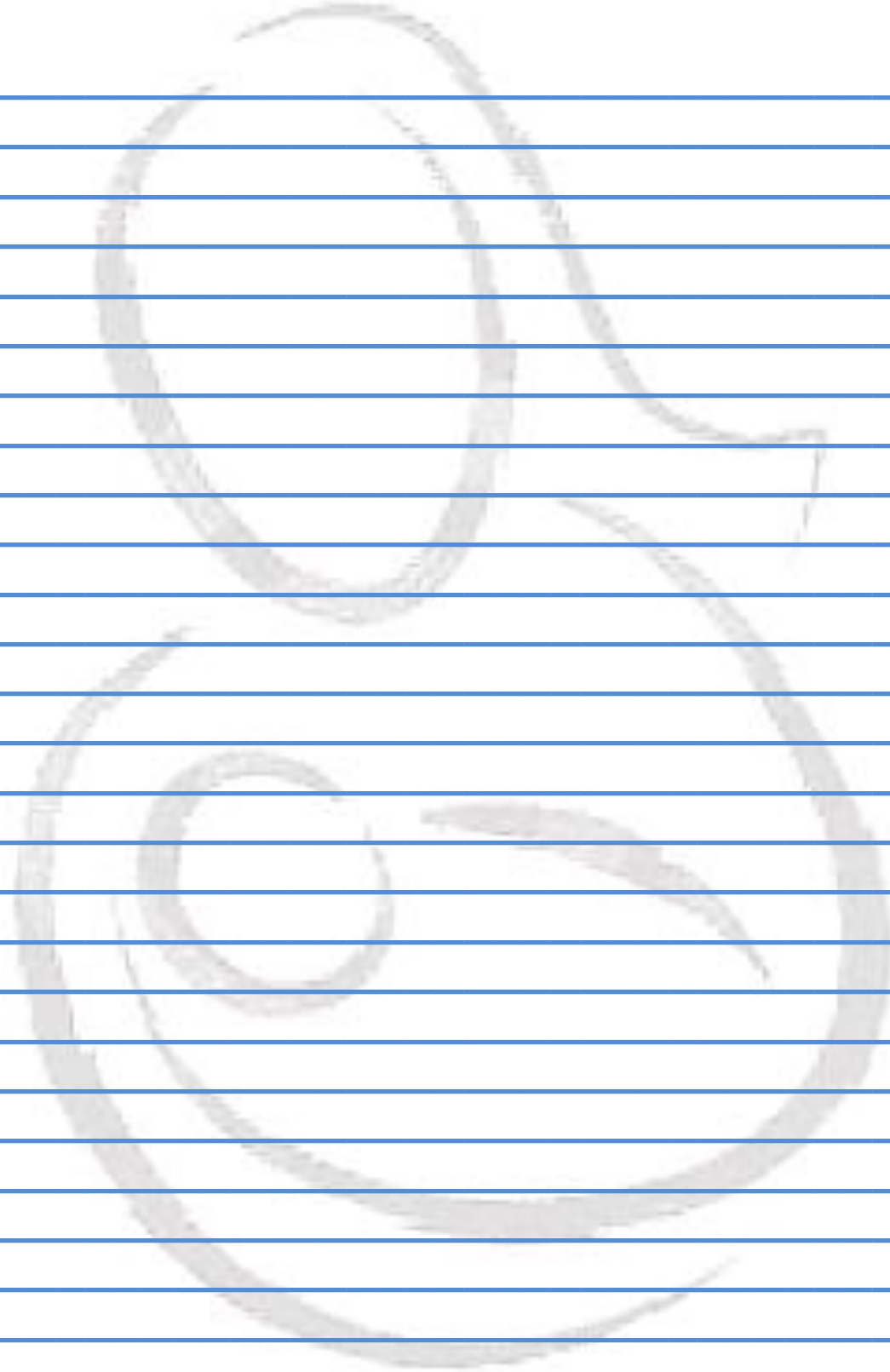


A series of 25 horizontal blue lines for writing, arranged in two columns of 12 and 13 lines respectively, with a gap between them.



**I am open to new
energies and I allow
new life to enter my
life**

Notes and Reflections

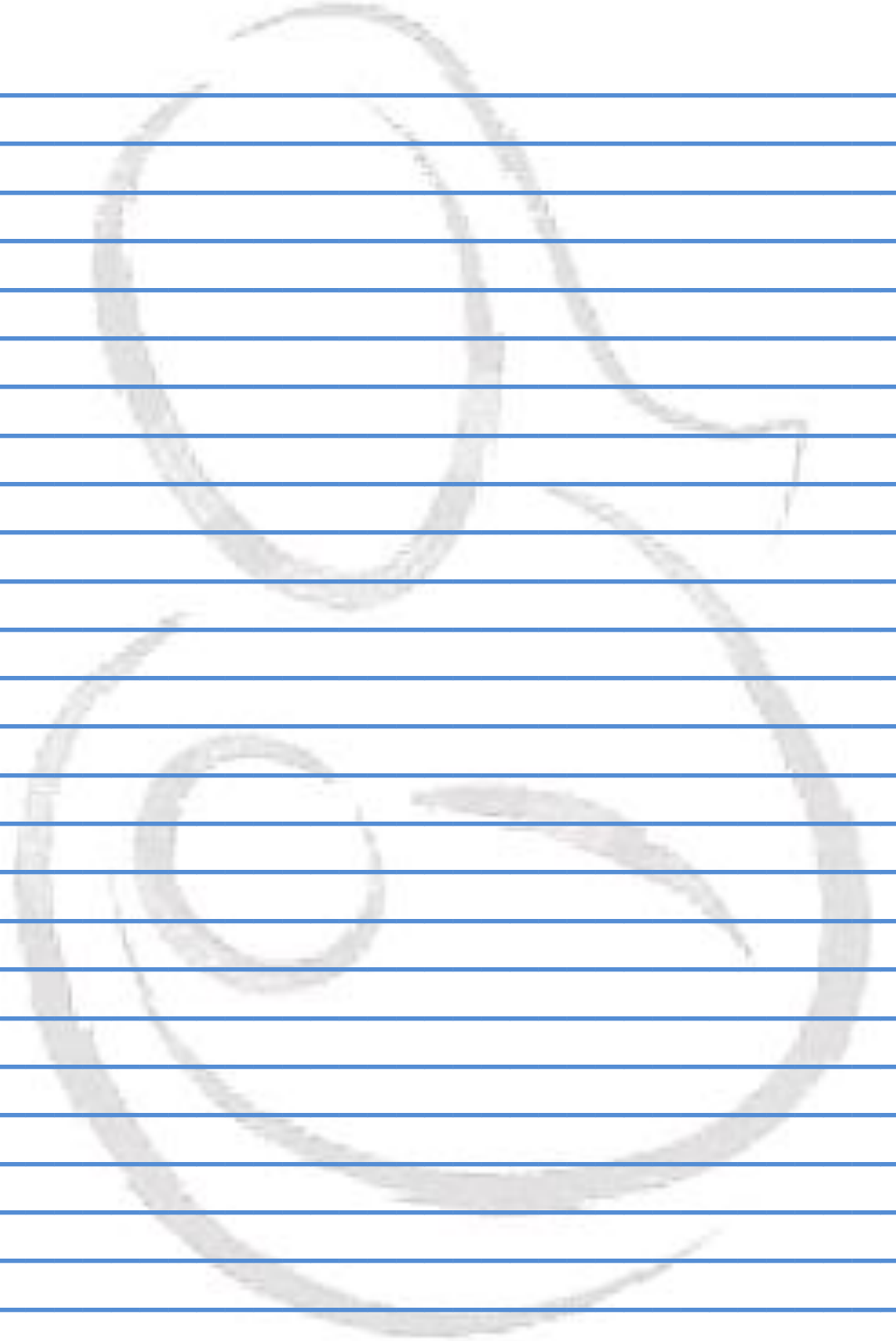


A series of horizontal blue lines for writing, overlaid on a large, faint, light blue watermark design.



**I visualize the color
pink surrounding me
and bringing me love**


Notes and Reflections



A series of horizontal blue lines for writing, overlaid on a large, faint, light-blue watermark design. The watermark consists of several overlapping, swirling, teardrop-like shapes that form a complex, abstract pattern.




**I now access my
spiritual abilities and
intuitive perception**



**I visualize a bright
white light cleansing
away all my fears and
negative thoughts**

Notes and Reflections

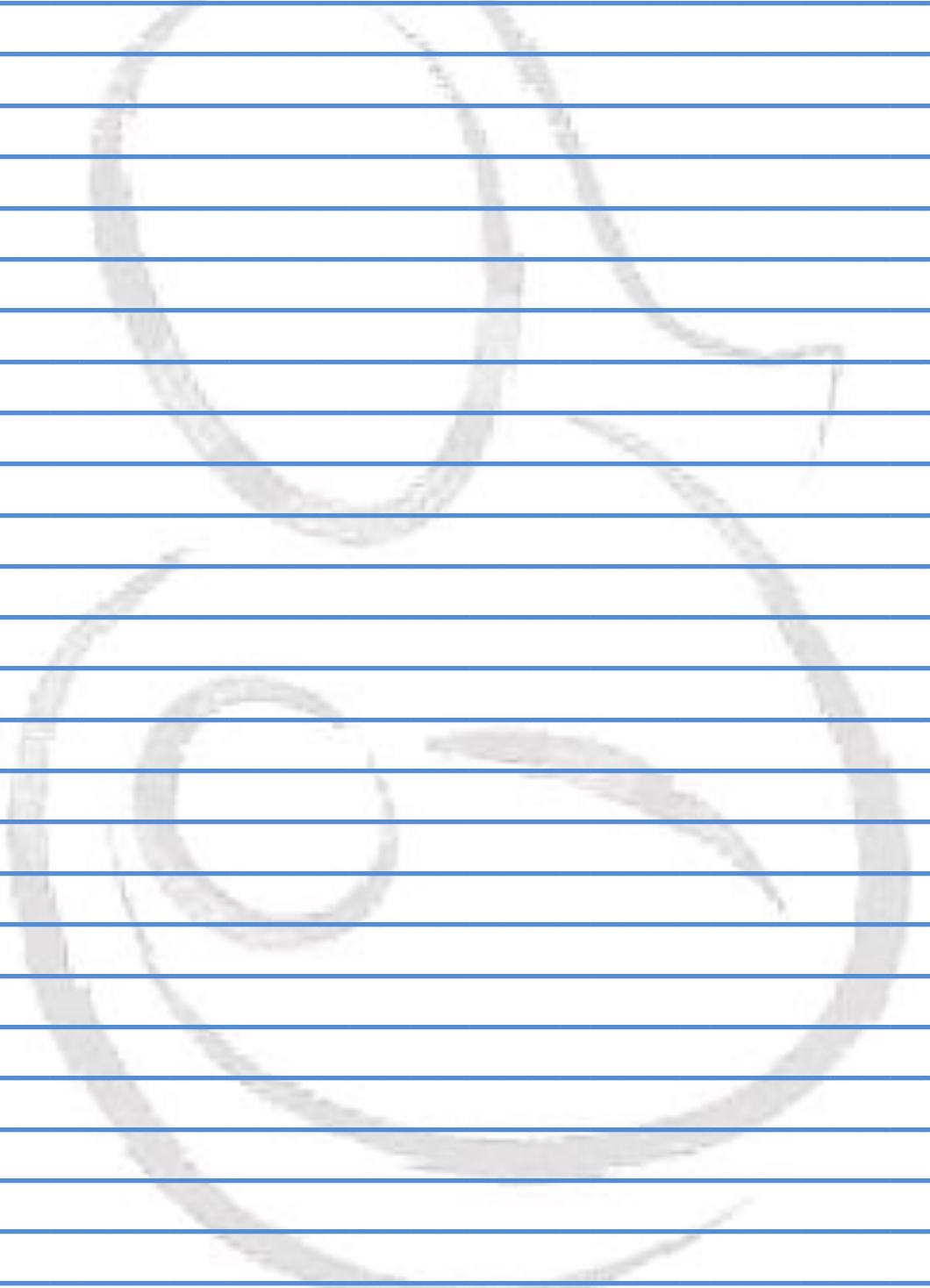


A series of 20 horizontal blue lines for writing, with a large, faint, light-blue scribble or drawing centered on the page, partially overlapping the lines.



**I am safe and I am
loved**

Notes and Reflections




A series of horizontal blue lines for writing, spanning the width of the page.

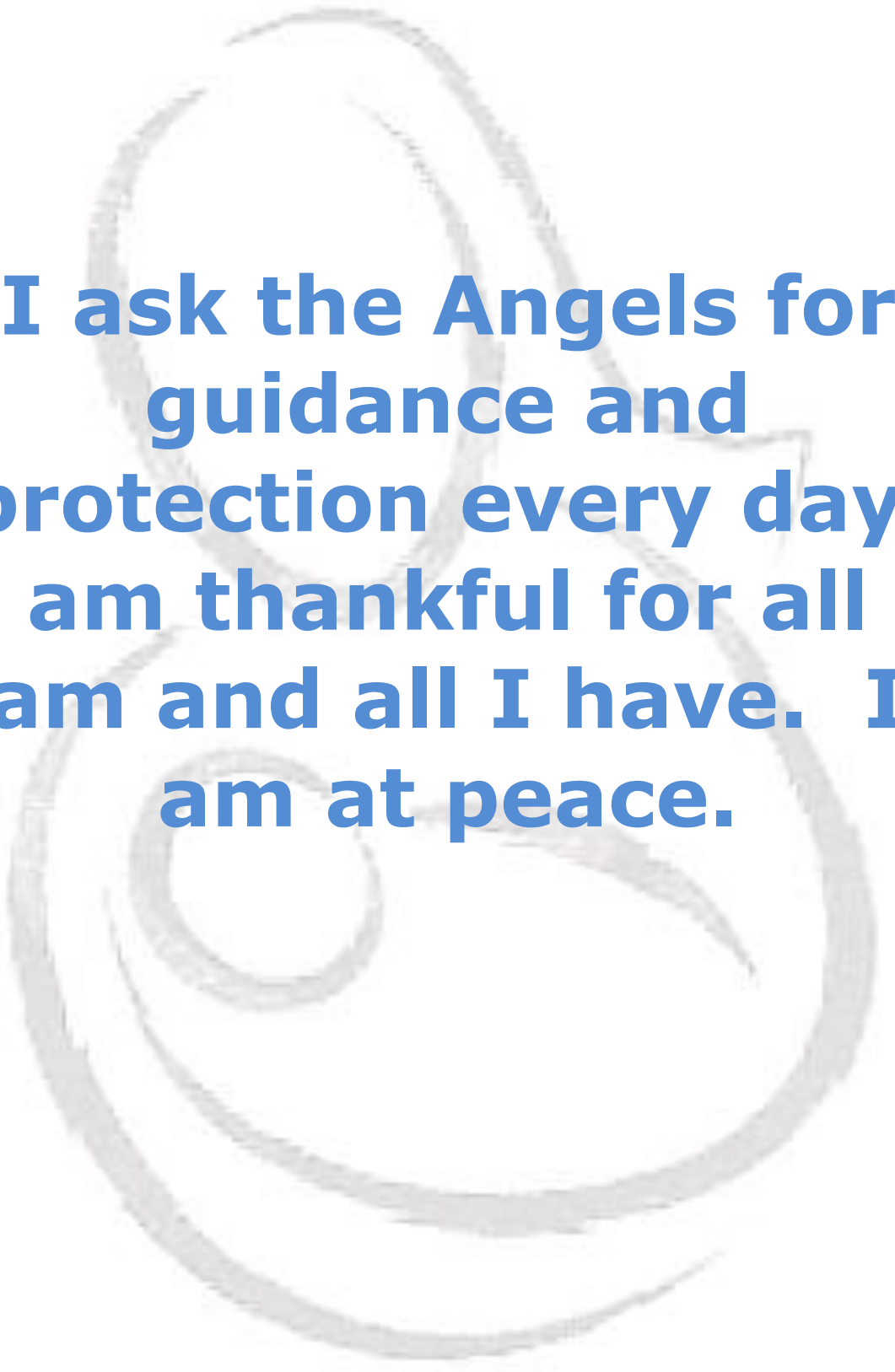


**I surrender to the
healing forces of the
universe**

Notes and Reflections




A series of 20 horizontal blue lines are arranged vertically down the page, providing a space for writing notes and reflections.

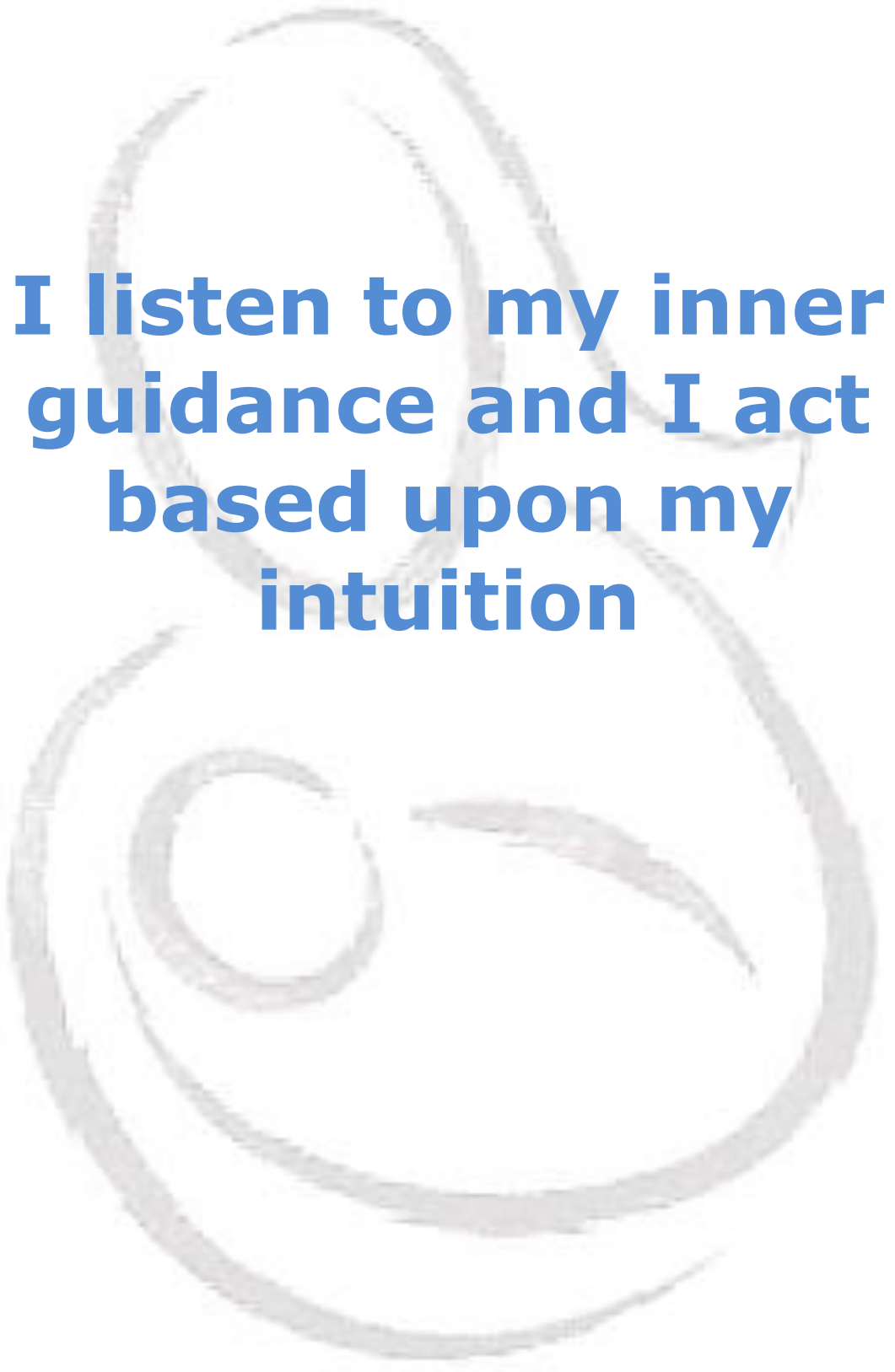


**I ask the Angels for
guidance and
protection every day.
I am thankful for all I
am and all I have. I
am at peace.**

Notes and Reflections

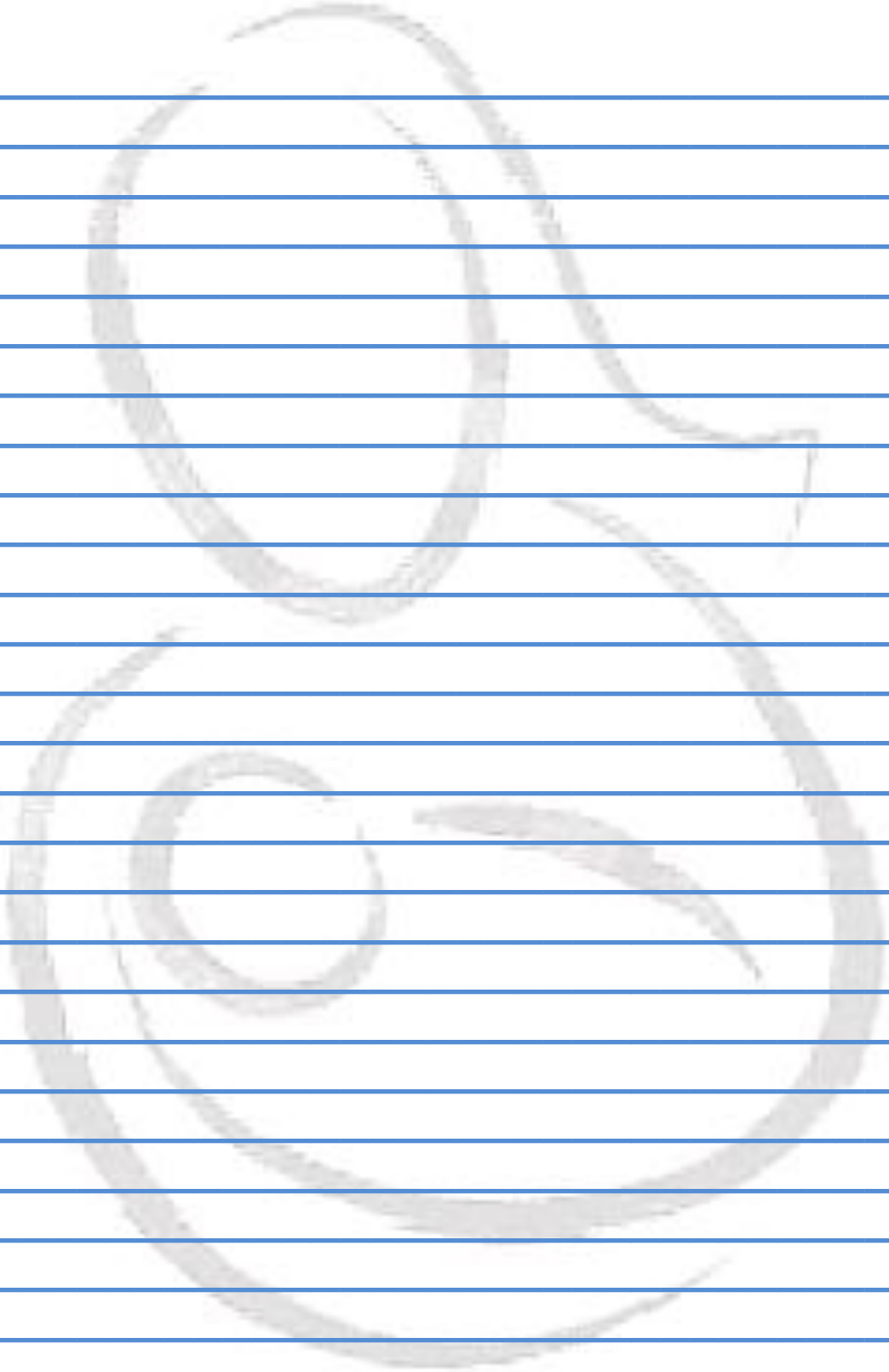


A series of 20 horizontal blue lines for writing, arranged in two columns of ten lines each. The lines are evenly spaced and cover most of the page's width.



**I listen to my inner
guidance and I act
based upon my
intuition**

Notes and Reflections




A series of 25 horizontal blue lines for writing, arranged in a column across the page.



**My body is in a state of
balance, harmony and
health**

Notes and Reflections

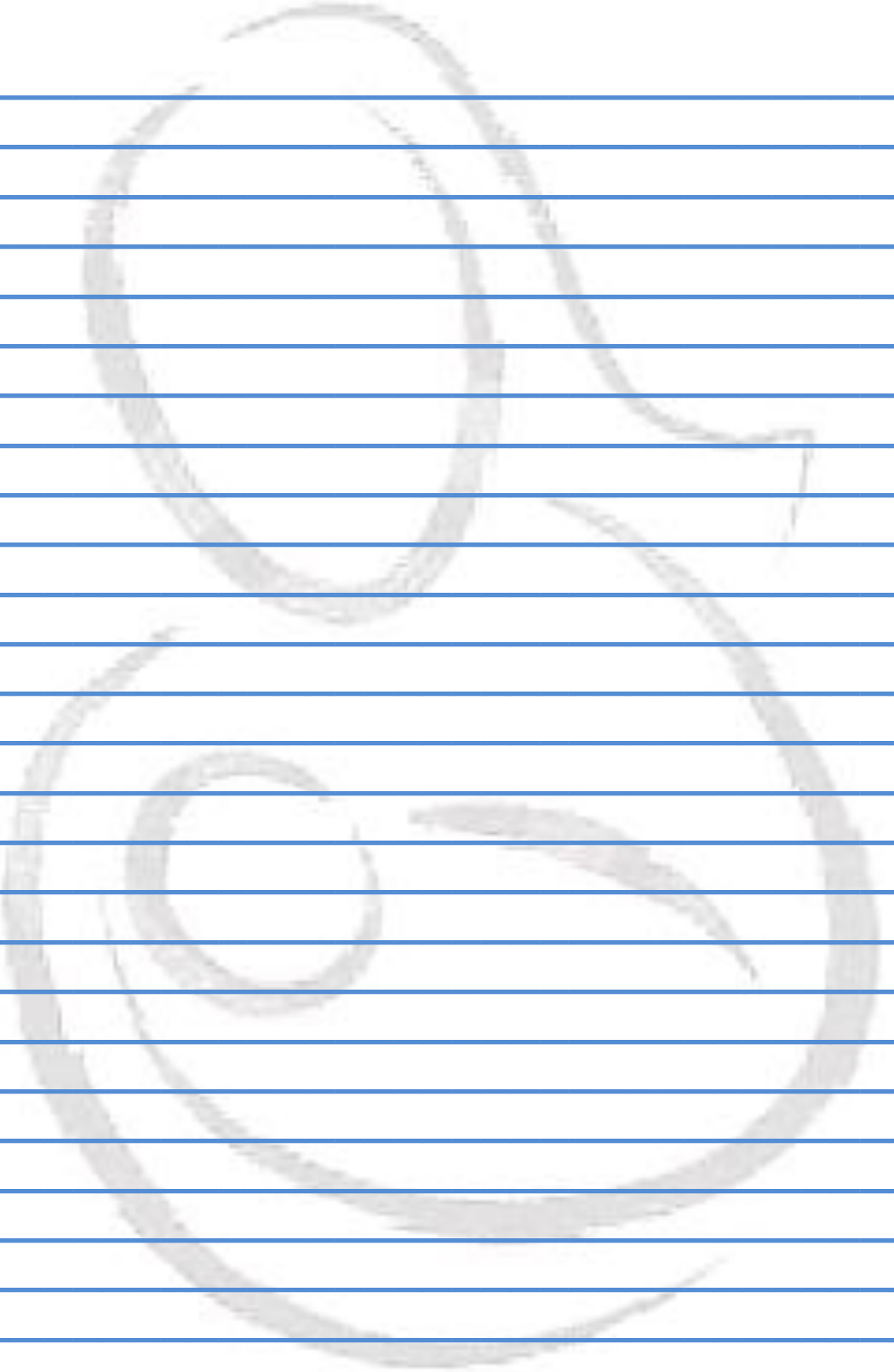


A series of 25 horizontal blue lines for writing, arranged in two columns of 12 lines each, with a single line centered between them.

**I am listening to my
body**



Notes and Reflections



A large, faint, stylized logo watermark is centered on the page. The logo consists of several thick, curved lines that form a complex, circular shape, resembling a stylized letter 'S' or a similar abstract design. The lines are a light grey color and have a slightly textured appearance, giving it a watermark-like quality.



**I love life and
all it has to offer**

Notes and Reflections

A series of horizontal blue lines for writing, overlaid on a large, faint watermark of a stylized letter 'S'.



**There is room in my
life for a baby right
now**

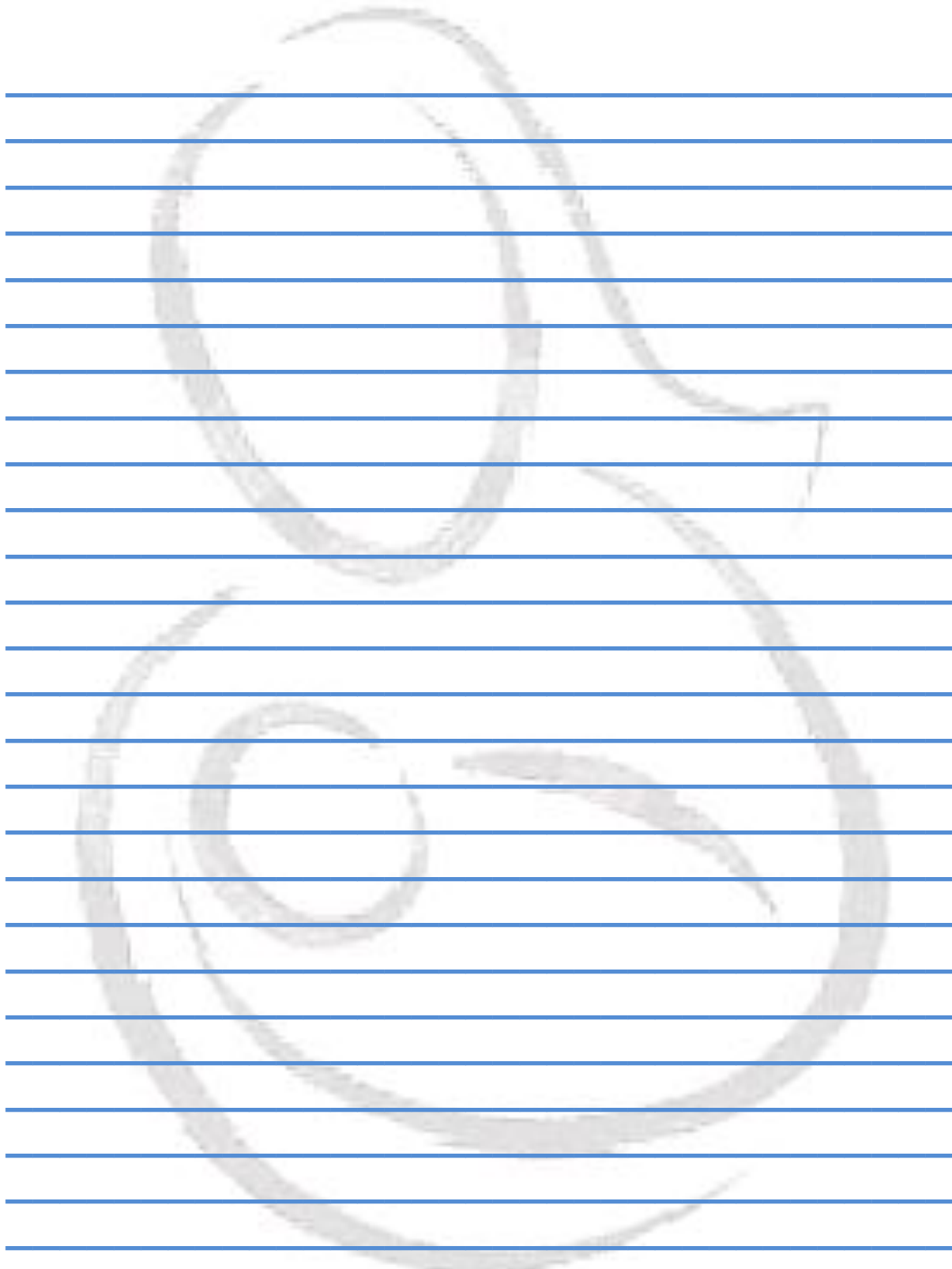
Notes and Reflections

A series of 25 horizontal blue lines spanning the width of the page, intended for writing notes and reflections. A large, faint, stylized watermark of a smiling face is visible in the background, centered behind the lines.

**I enjoy being in
perfect health**



Notes and Reflections



Handwriting practice lines consisting of 24 horizontal blue lines.



**My fertility improves
daily**

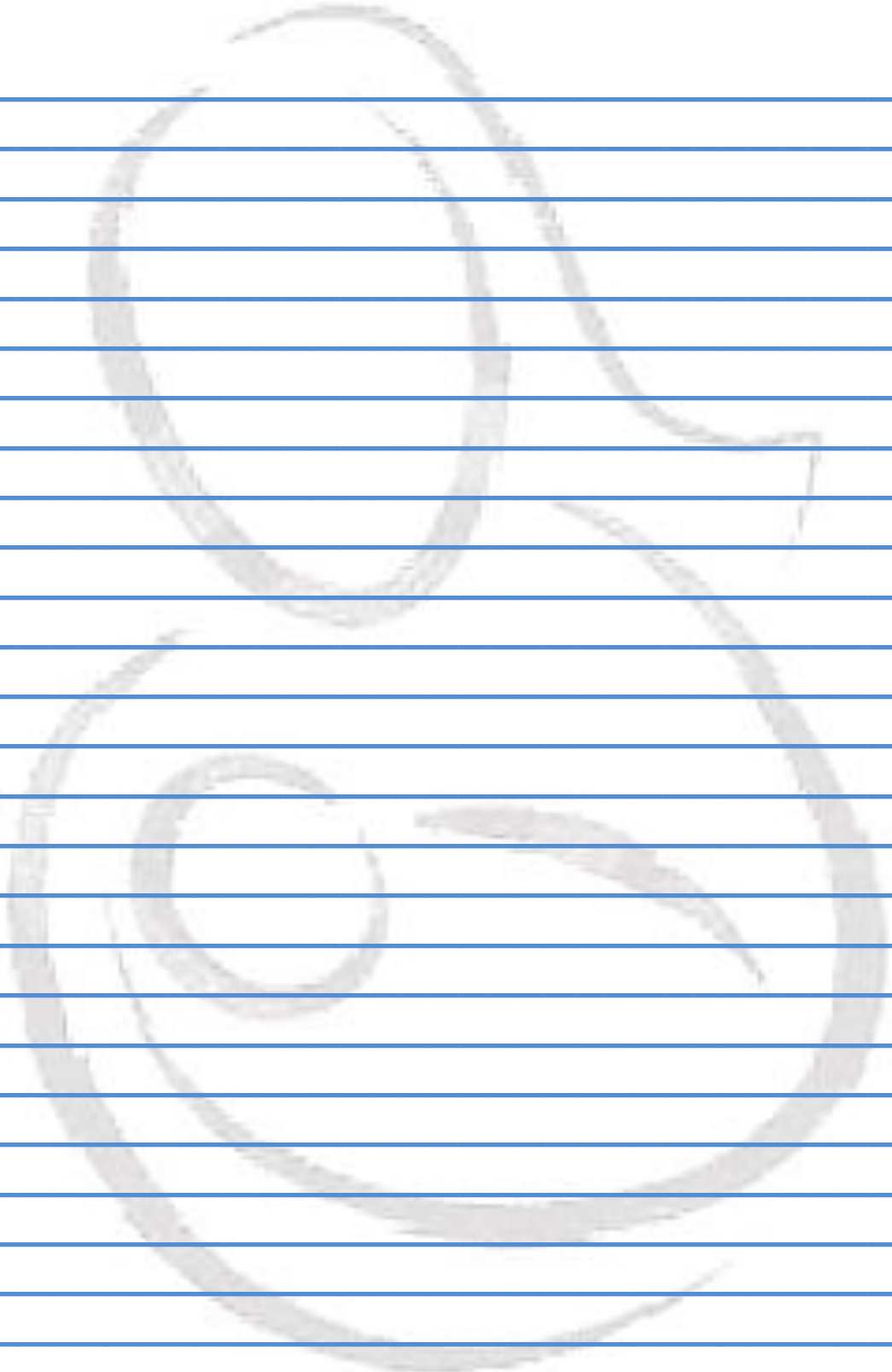
Notes and Reflections

A series of horizontal blue lines for writing, overlaid with a large, faint, light-blue watermark of a stylized, swirling figure.

**I am in control of my
health and fertility**



Notes and Reflections



A series of horizontal blue lines for writing, overlaid on a large, faint, light gray watermark design.

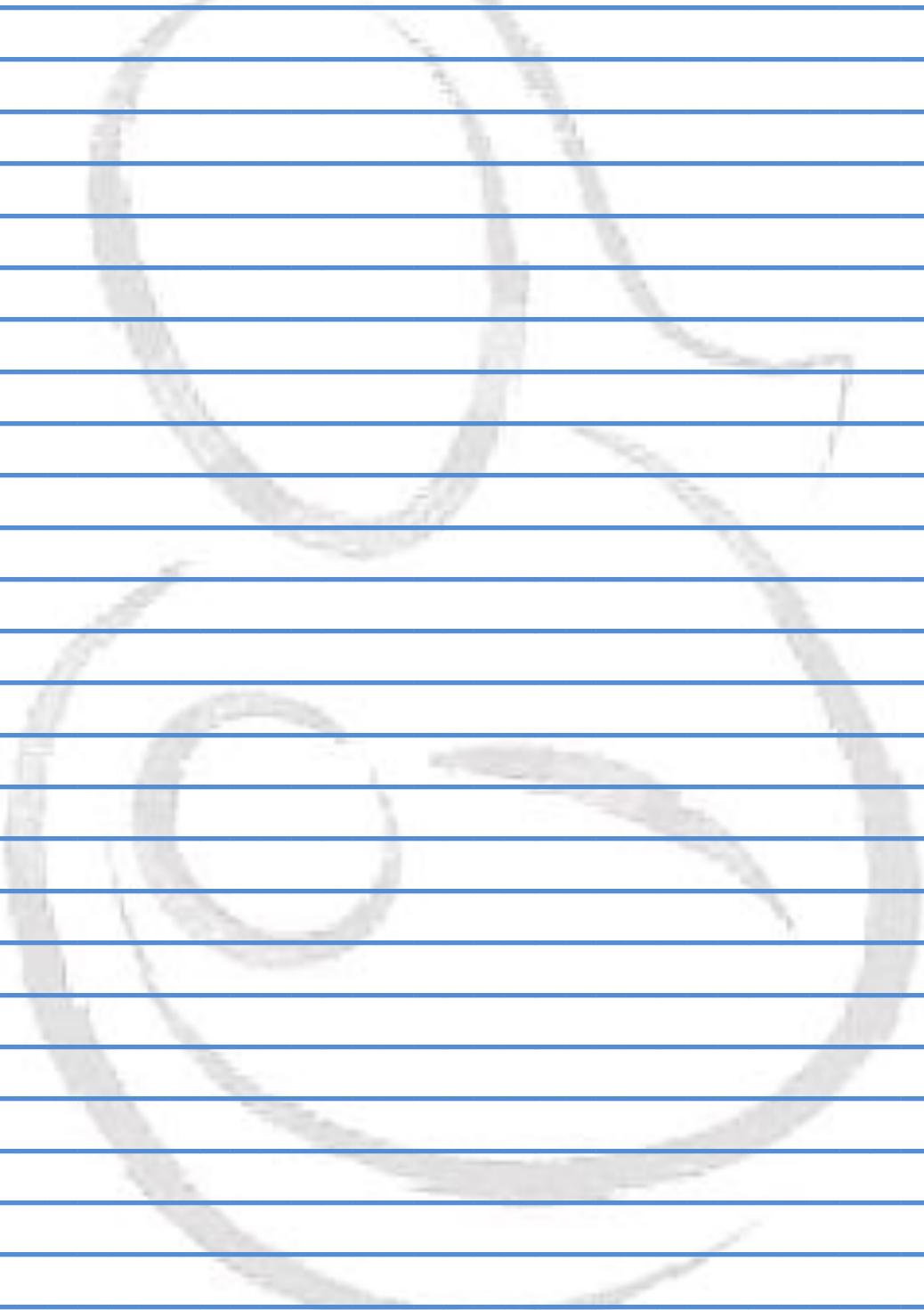


Achieving a healthy pregnancy is easy



**I am confident I can
nurture my baby**

Notes and Reflections

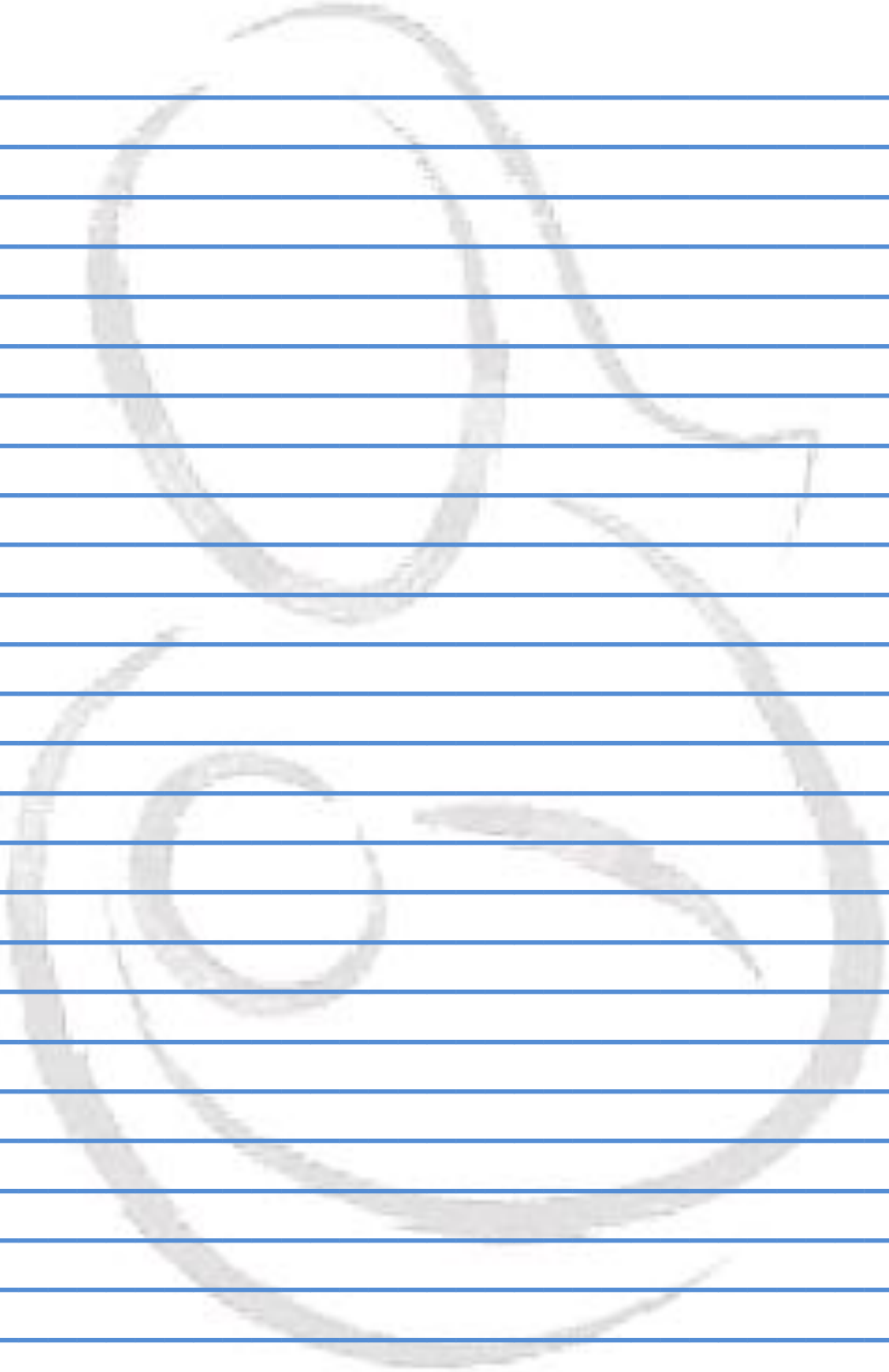


A series of horizontal blue lines providing space for notes and reflections.

**My confidence grows
daily**



Notes and Reflections



A series of horizontal blue lines for writing, overlaid with a large, faint, light-gray watermark of a stylized 'S' or '3' shape.

I know my fertility signs





**I allow new
beginnings into my life**

Notes and Reflections

25 horizontal blue lines for writing.




**My body functions
correctly and on
schedule**




**I am a loving parent to
myself**

Notes and Reflections

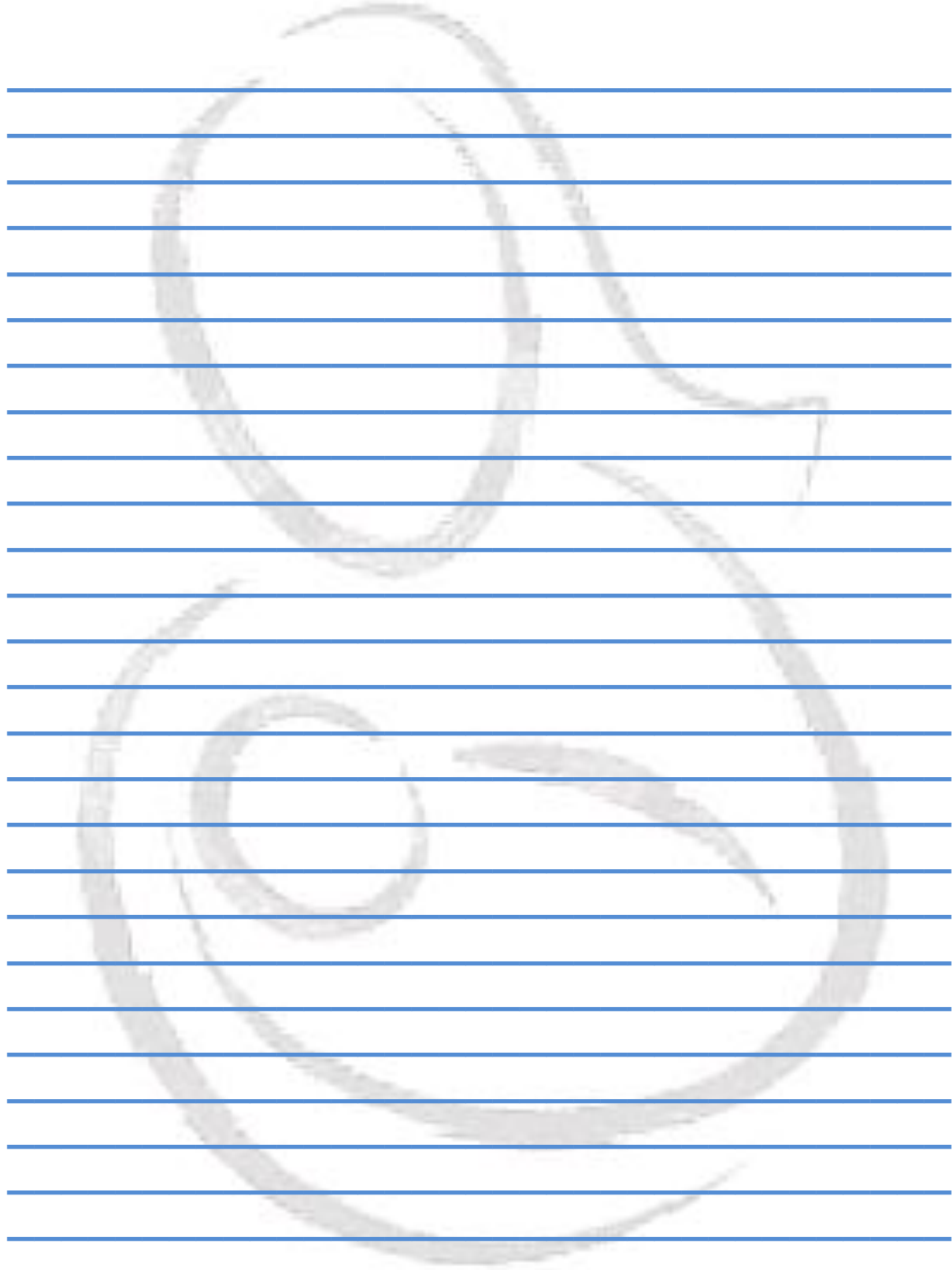


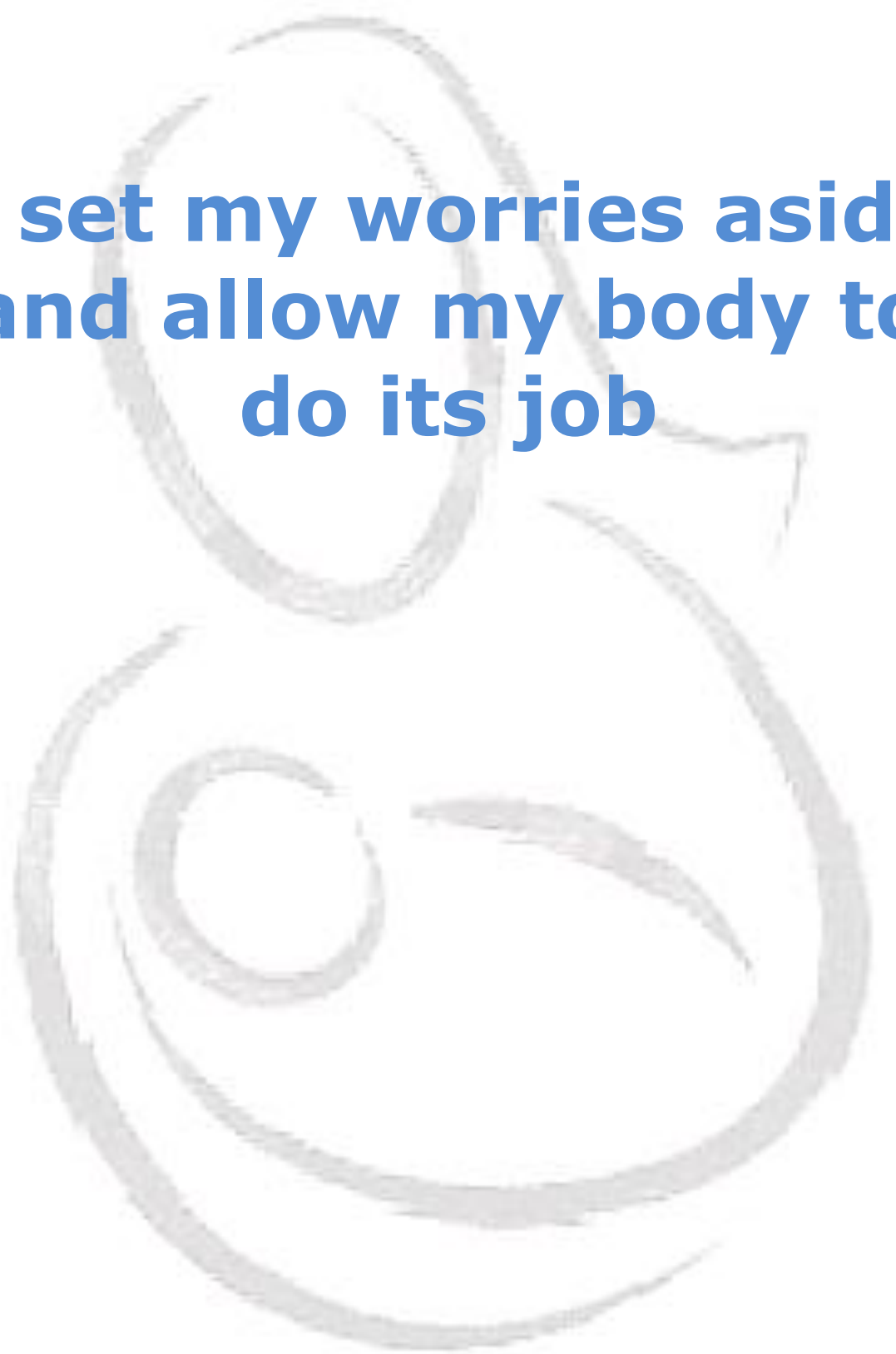
A series of horizontal blue lines for writing, spanning the width of the page. The lines are evenly spaced and cover most of the page area, starting below the title and ending above the footer.



**I release fears about
my age and know that
I have time to get
pregnant when I'm
ready**


Notes and Reflections

A large, faint, grey abstract drawing of a stylized figure or shape, possibly a person or a creature, overlaid on a grid of horizontal blue lines. The drawing is composed of thick, curved strokes and is positioned in the background, behind the writing lines.



**I set my worries aside
and allow my body to
do its job**

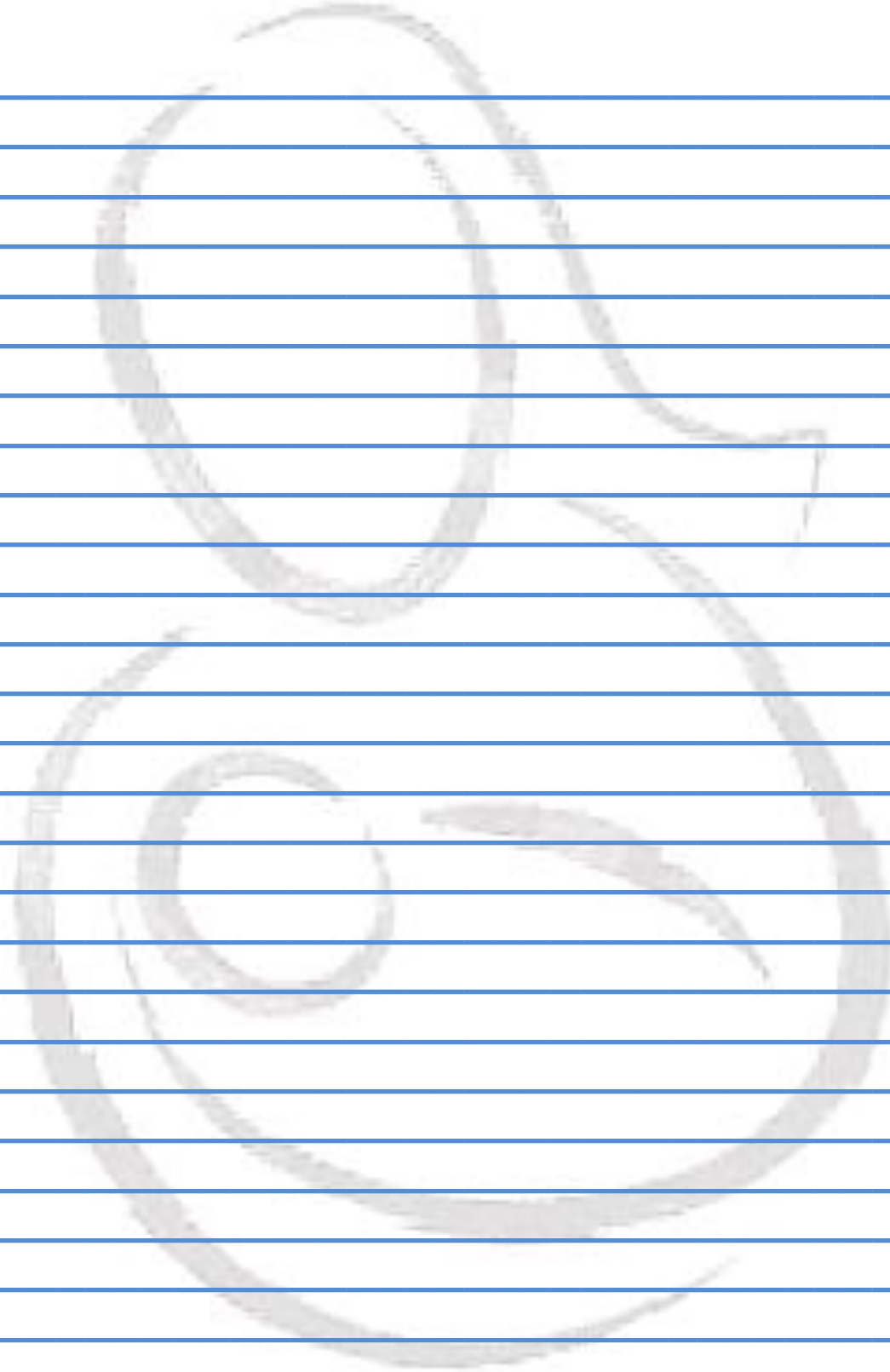
Notes and Reflections



A series of horizontal blue lines for writing, overlaid on a large, faint, stylized drawing of a person's head and shoulders.

**I am confident in my
ability to be a mother**

Notes and Reflections



A series of 25 horizontal blue lines for writing, overlaid with a large, faint, light-gray watermark of a stylized 'S' or '3' shape.



I am fertile

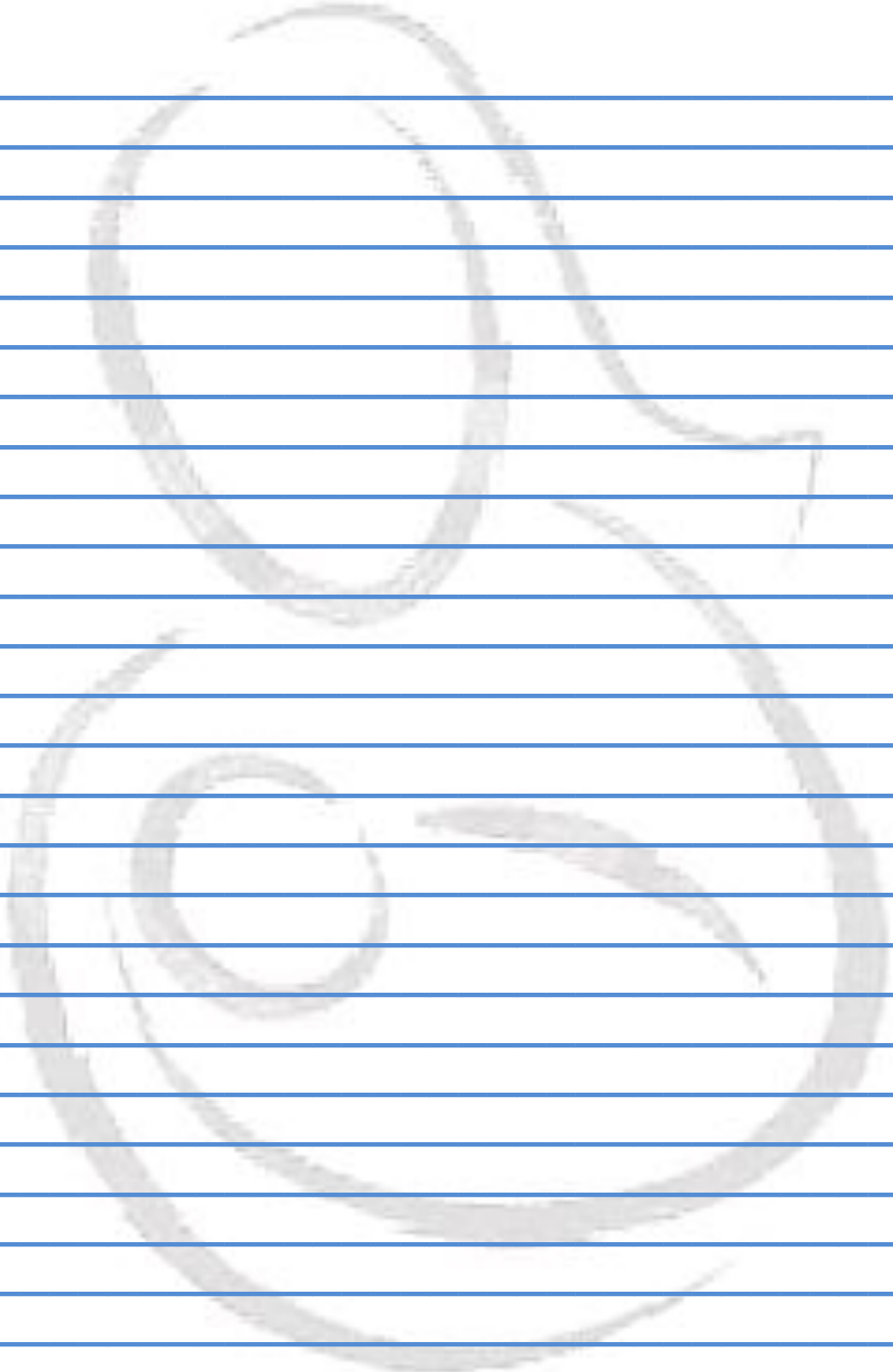


**I release all emotional
blocks that stop me
from conceiving a
baby**

I am hydrated and healthy



Notes and Reflections

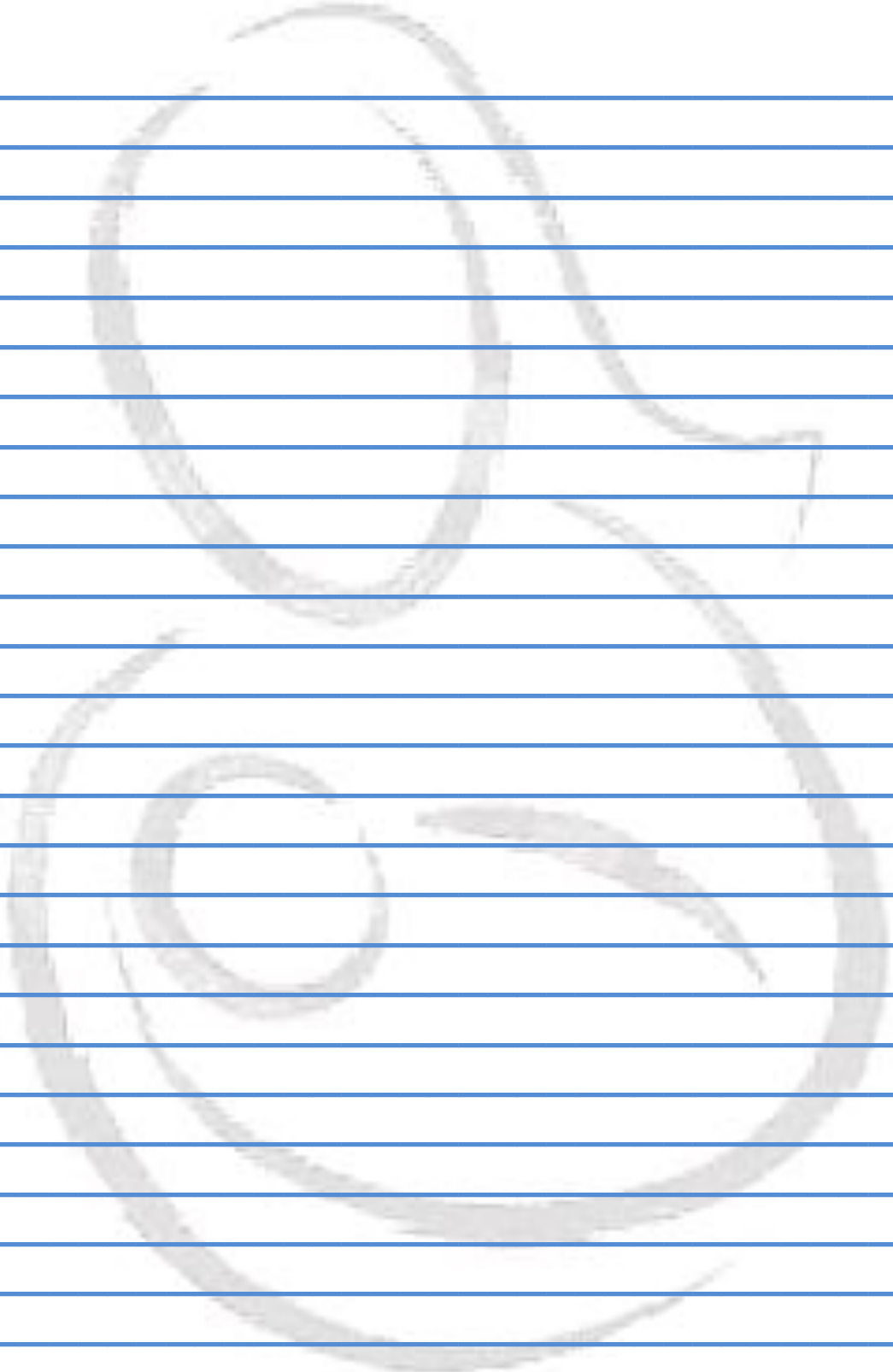


A series of horizontal blue lines for writing, overlaid on a large, faint watermark of a stylized 'S' or '3' shape.



**I choose healthy foods
that support my health
and wellbeing**

Notes and Reflections




A series of 22 horizontal blue lines for writing, arranged in two columns of 11 lines each.



**I am educated about a
healthy preconception
lifestyle**

Notes and Reflections



A series of 25 horizontal blue lines for writing, overlaid on a large, faint, light gray watermark of a stylized, swirling design.


**I welcome my time to
become a mother**



**I am safe and I am
loved**



Notes and Reflections



A series of 25 horizontal blue lines for writing, overlaid with a large, faint, light blue watermark of a stylized 'S' or '3' shape.

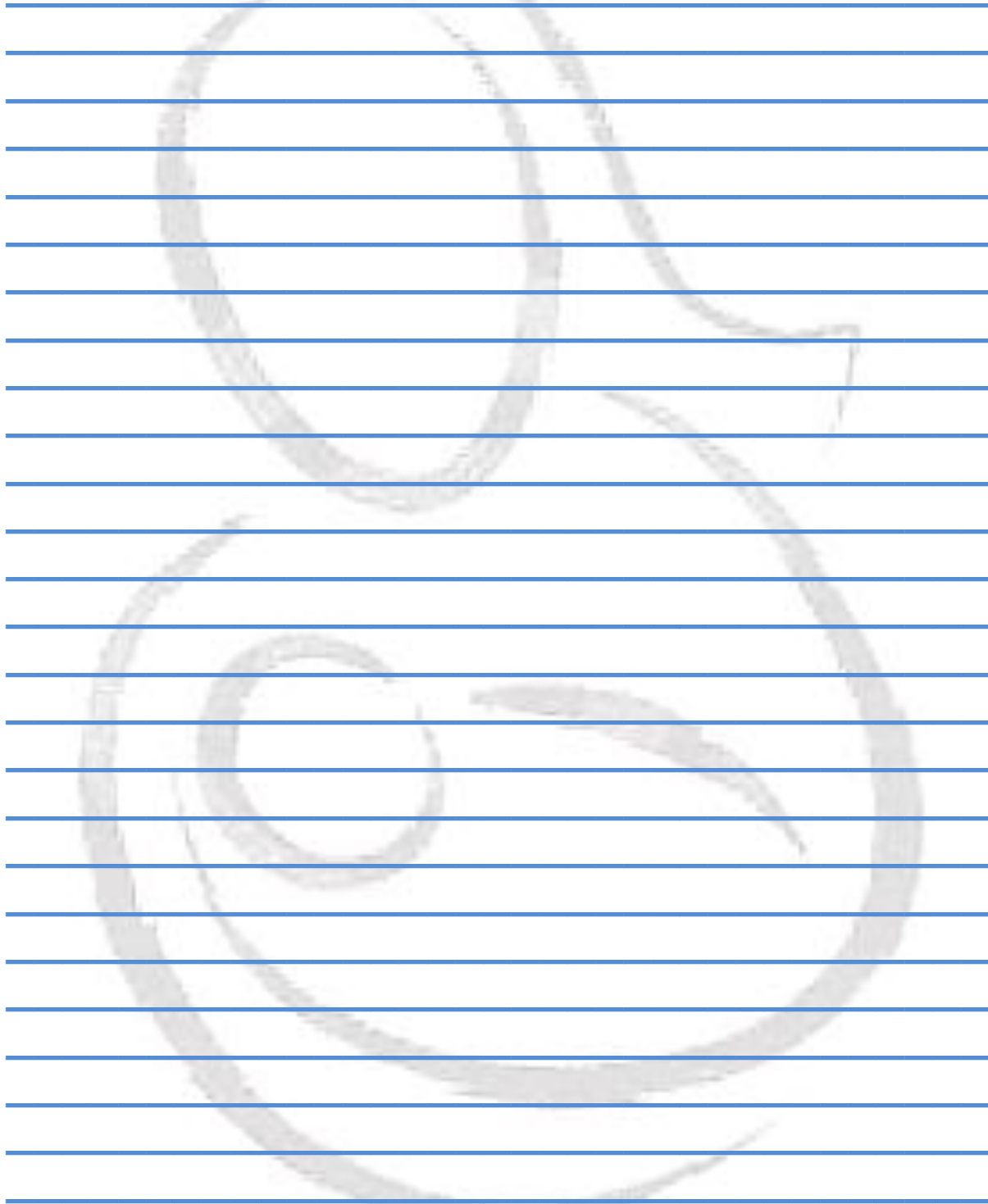


**My hormones are in
balance**



**I have all that I need
to be a loving mother**

Notes and Reflections



A large, faint, stylized graphic of a person's profile is visible in the background. The profile is facing right and is composed of thick, grey, brush-like strokes. It is overlaid with a series of horizontal blue lines, which serve as a guide for writing notes and reflections. The lines are evenly spaced and extend across the width of the page.



**I release my fears
about pregnancy and
birth**



I love my body

**I am whole and full of
love**



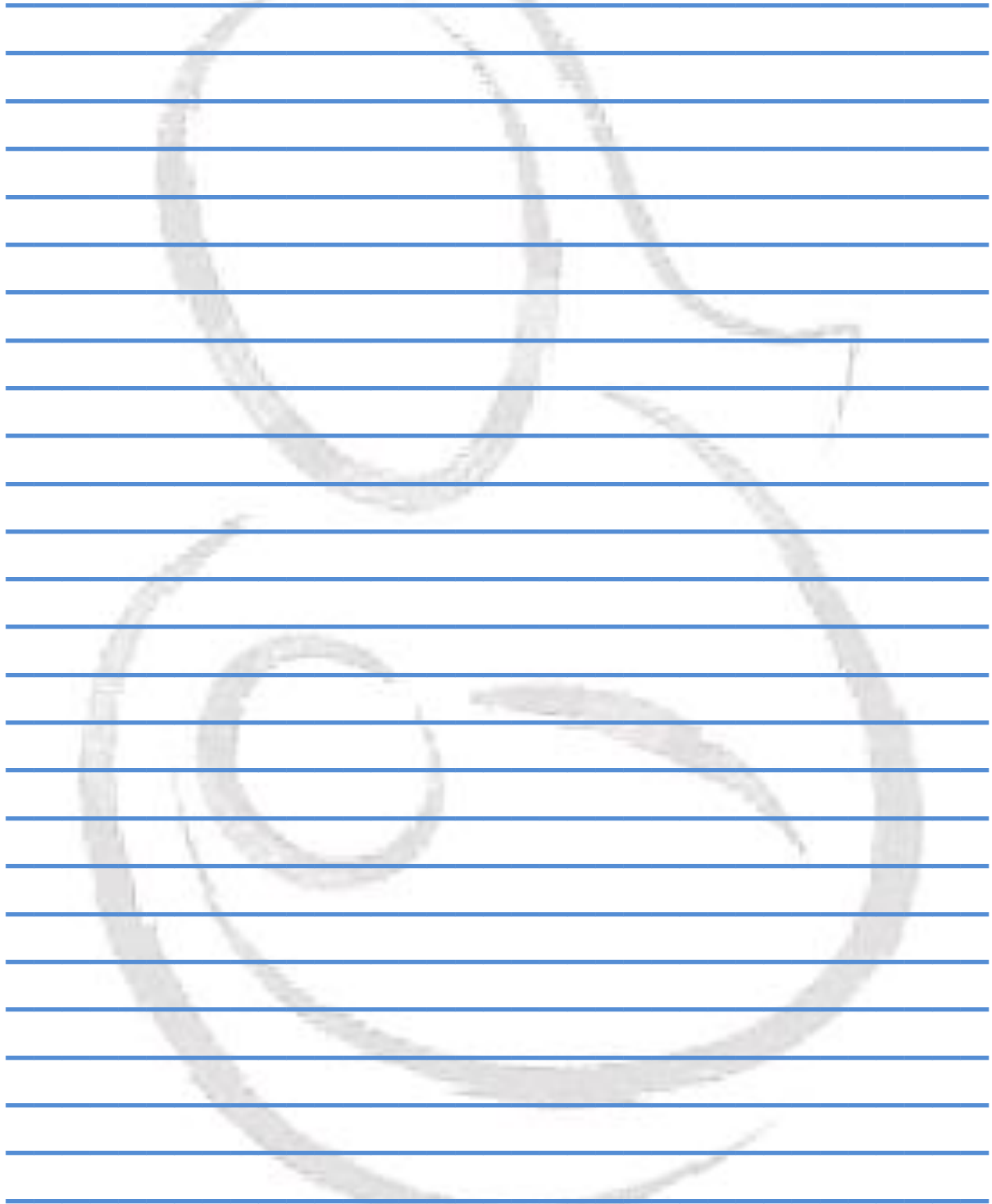


**I have the energy
necessary to heal my
body and soul**



**I bring balance and
light to my
reproductive system**

Notes and Reflections



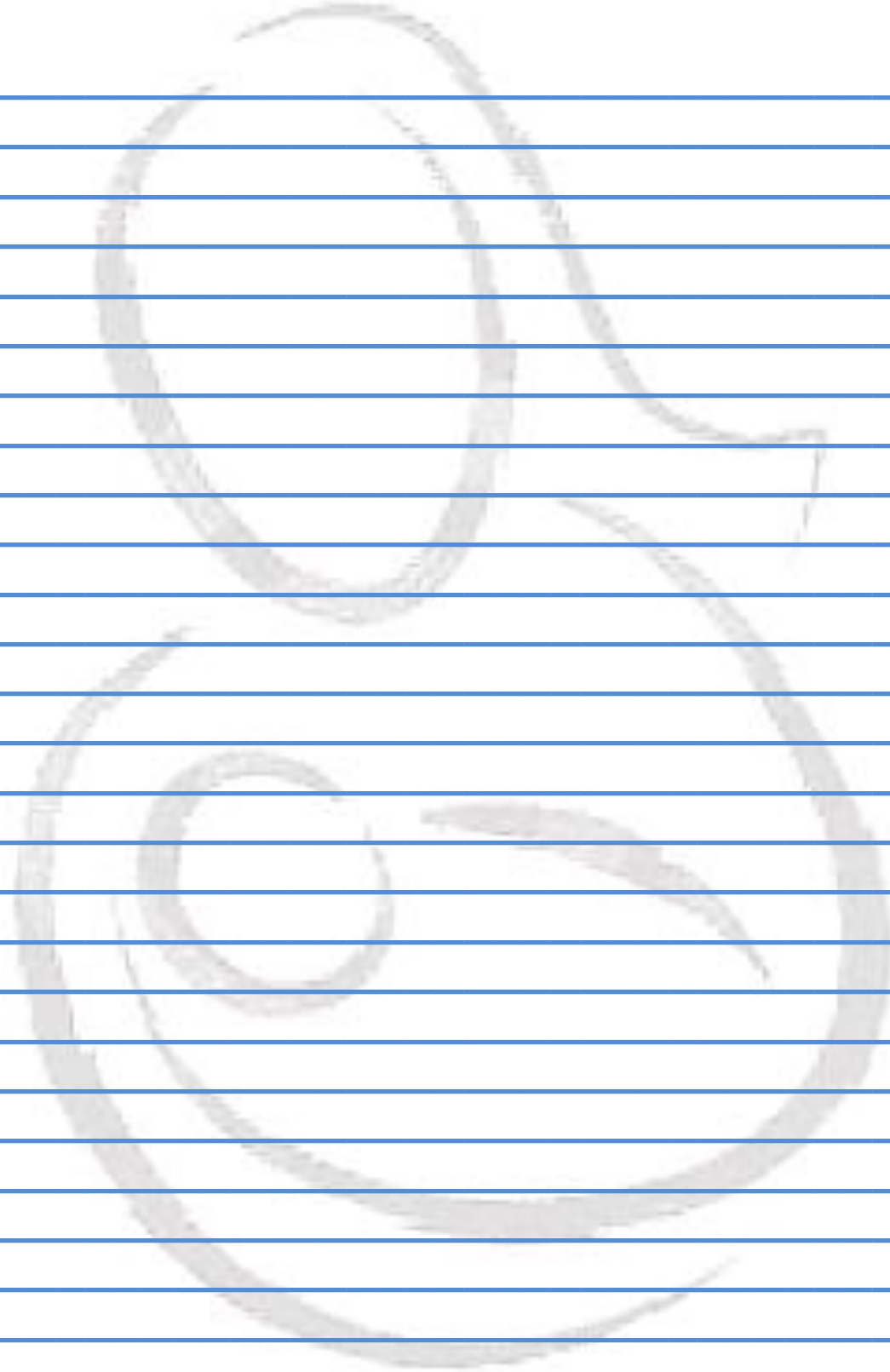
**I have an abundance
of healthy eggs**



**I am a loving and
nurturing mother**



Notes and Reflections

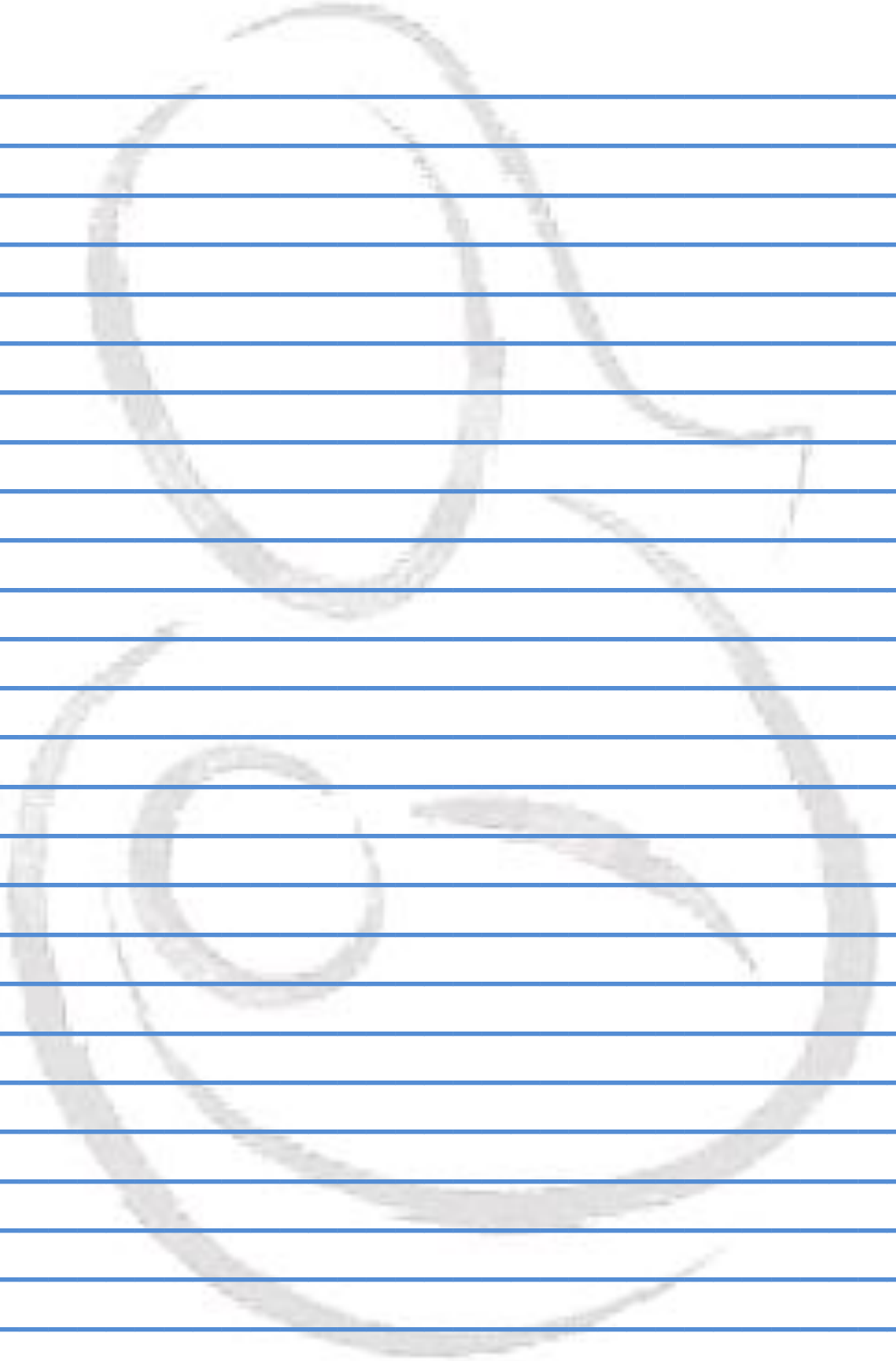


A series of 20 horizontal blue lines for writing, overlaid with a large, faint, light-blue watermark of a stylized 'S' or '3' shape.




**I choose to heal from
past hurts and
disappointments**

Notes and Reflections



A series of horizontal blue lines for writing, overlaid on a large, faint, light-gray watermark of a stylized, swirling design.



**I have abundant
energy, vitality and
well being**



**My baby and I are
ready to start our lives
together**

**My baby and I have
love and support**






**I am preparing for a
comfortable
pregnancy**

**My baby is safe inside
my womb**






**I trust my instincts to
do what's best for
myself and my baby**



**I am capable of
carrying my baby full
term**



**My body knows how to
get pregnant, stay
pregnant, give birth
and nurture a child**

