YOUR

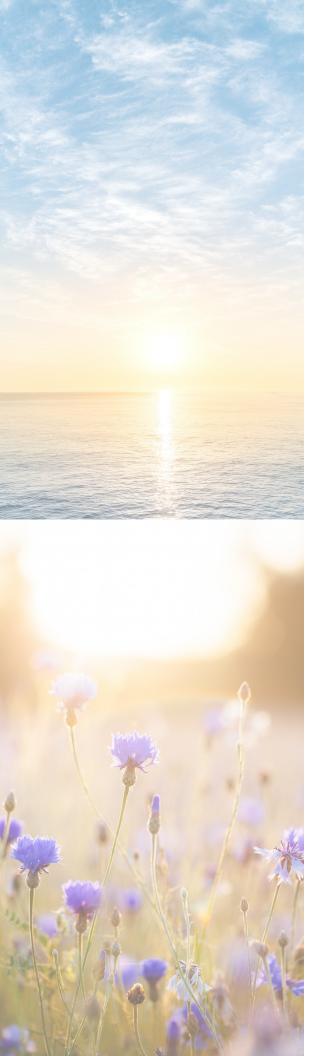
JOURNAL

FERTILITY



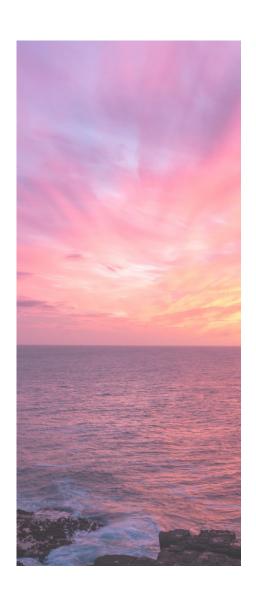
CREATED BY

Women's Integrative Health



CONTENTS

- Welcome Letter
- Journal instructions
- Reveal your Dreams
- Release your Past
- Reclaim your Desires
- Rate your Circle
- Reset your Intentions
- Redefine Your Goals
- Journal Pages
- Reflect on your Journey
- Final Review Worksheets
- Recommended Resources
- Author Biography



Welcome to Your Fertility Journal!

At the beginning of your natural fertility journey, one of the most effective steps you can take is to create a fertility plan and use a system to keep you on track. This journal is your system.

Use Your Fertility Journal to help you create your program and stay accountable to it. Three months worth of journaling is included in this journal to help you keep a record of the daily steps you have taken for your health and fertility.

If you would like help in creating your program, you can book a consultation here. I will put together a suggested program for you based on your health history and diet.

"When it comes to boosting your fertility naturally, it is the steps you take on a daily basis, every day, that make the biggest impact. This is how everyday decisions can add up to something amazing."

> I wish you the best on your fertility journey! Thank you for letting me be a part of it!





INSTRUCTIONS

How to use this journal

Work through the first group of pages, filling out the information in each section. This will help you to get clear of what your desires and intentions are.

These will give you direction and guidance each day.

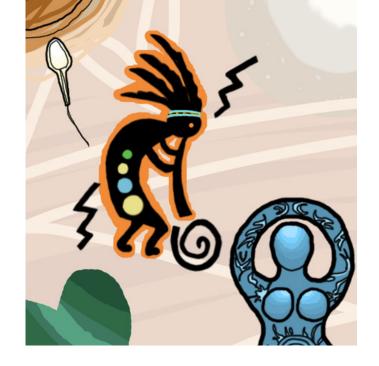
Use the daily pages to record your day and activities. Use the affirmation that is provided on each page to reflect on for that day.

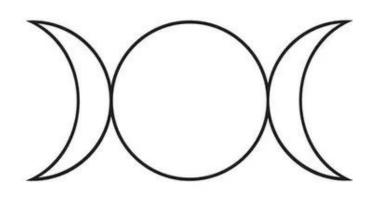
Record your Cycle Day and your BBT each day so you can follow how your cycle is going.

Use the Food Diary Page to record meals, water intake and any affirmations you found useful during the day.

Record your final reflections.

Additional resources are listed also.







PLAN YOUR FERTILITY PROGRAM

A key to success to being able to boost your fertility naturally is to create a plan and stick to it. It is these steps that you take on a daily basis that create your results you seek over time. Use this page to create an outline of Your Fertility Program. Be sure to include all the therapies, herbs, supplements, treatments, appointments, etc., that you are planning on having. A sample program is located on the next page.

MONTH 2 MONTH 3

PLAN YOUR FERTILITY PROGRAM

Below is an example program. This is for example purposes only. Each person is unique and may require a different program than the one that follows.

FOR EXAMPLE ONLY

MONTH 1:

Fertility Cleanse - Start day after period ends (should be on the 26th)

Fertility Diet - (Pick up groceries)

Self Fertility Massage - Do 4 times a week before bed

Castor Oil Packs - Do 4 times a week before Self Fertility Massage

Exercise - Yoga 2x a week, go for a walk 5 nights a week

Multi - Omega

BBT Chart Daily

Daily Affirmation

Daily Gratitude

MONTH 2

Multi - one a day

Omega - 3 a day

Vitex - 3 capsules 1 time a day (stop during period)

Fertility Diet - Eat a fertility smoothie daily, a salad 1x a day, green juice daily

Exercise Yoga 2x a week, walk 5 nights a week

Self Fertility Massage - Do 4 times a week before bed

BBT Chart Daily

Daily Affirmation

Daily Gratitude

MONTH 3

Multi - one a day

Omega - 3 a day

Vitex - 3 capsules 1 time a day (stop during period)

Fertility Diet - eat a fertility smoothie daily, a salad 1x a day, green juice daily

Exercise - Yoga 2x a week, walk 5 nights a week

BBT Chart Daily

Daily Affirmation

Daily Gratitude

TIPS FOR SUCCESS

Go easily into it: It may seem like a lot to do and change at first. Choose one thing a week to add to your program. Try something like this: If you are doing the complete fertility cleanse (cleanse, self fertility massage and castor oil pack) – the first week focus on your diet; second week focus on your cleanse; third week the castor oil packs. If you are able to jump right in and do all of it at one time, great. If not, do what works for you. Sticking to your plan is the most important thing you can do.

Be gentle: If you fall off the plan, jump right back on again. One mistake will not ruin the entire program. Small steps taken on a daily basis will make all the difference.

Make a plan and stick to it: Create your fertility plan using the pages in this journal. Creating a plan is like having a map to arrive at your final destination. You may use your own information that you have researched or that from a Natural Fertility Consultation.

Commit to your plan for a minimum of 3 – 6 months: Giving the program enough time to see if it is working is critical. Most natural therapies and diets take at least 3 months to start to show results. After 3 months, evaluate what is working and what is not. Make adjustments and keep moving forward. When asked how long to stay on this plan I answer: till you are pregnant!

Consider having a natural fertility coach: A coach can help to keep you on track, keep motivation going and help with sticking with a plan. For a consultation and help with this, contact me at womensintegrativehealthny.com.

Don't compare yourself to others: Each person's path to fertility and conception will be different. You are a very unique, special, amazing miracle. Avoid comparing to others. Focus on how grateful you are for right not and celebrate each day. I know it can be very frustrating and stressful; know that you are doing everything you can be doing. Stay focused on that.

TIPS CONTINUED

Daily Gratitude: Each day write down something you are grateful for. This can be as simple as being able to get up and meet the day. Heartfelt gratitude is the fastest way experience happiness now.

Daily Affirmations: Each day say the affirmation that is provided for you. Be aware of how you feel in your body as you say it. Write it down – write about how you are feeling. This can give you clues to places you are blocking emotions of need help in creating a new thought and words to replace the negative. Your thoughts and beliefs create your world. Being affirming creates positive emotions and thoughts which will actually change how you perceive things.

Where there are blank affirmations, create your own.

"Be so happy that, when other people look at you, they become happy too."

Complete this before you begin this journey, take some time to write out what your big dream is for yourself. What is the vision you want to make a reality?

MY BIGGEST DREAMS



"A truly happy person is one who can enjoy the scenery while on a detour."

RELEASE YOUR PAST

What are you ready to release, before you begin your journey? Take some time to fill in the spaces below with all the things you are ready to release.

MY BIGGEST STRUGGLES
MY BIGGEST FEARS

"Those who live in the past limit what's possible in their future."



RECLAIM YOUR DESIRES

It's time to reclaim your deepest desires. Fill in the spaces below with what you want to feel, what you want to accomplish and who you want to become...

HOW DO YOU WANT TO FEEL? WHAT DO YOU WANT TO ACCOMPLISH? WHO YOU DO WANT TO BECOME?

"Life isn't about finding yourself." Life is about creating yourself."

- GEORGE BERNARD SHAW



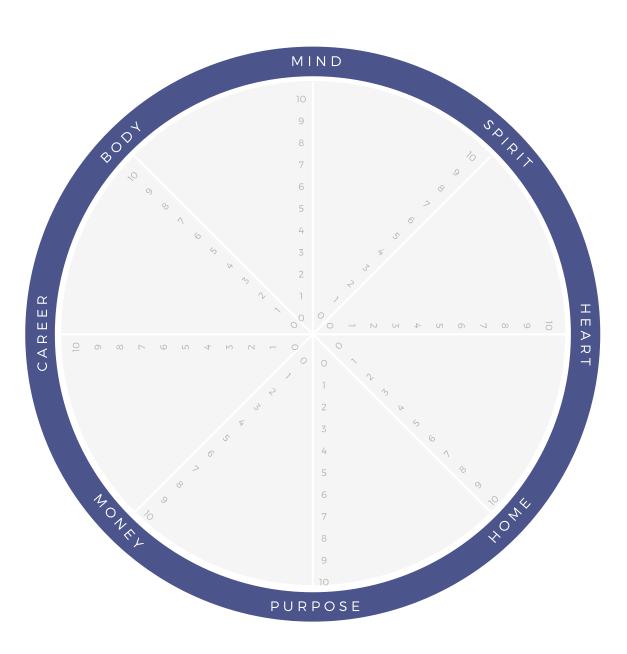
NEXT STEP

On the next page, create your "Circle of Life". Rate yourself in each of the categories on the right. Connect the dots and see how balanced your circle is. If there is imbalance, think about what actions you can take to create a more balanced circle - Life!

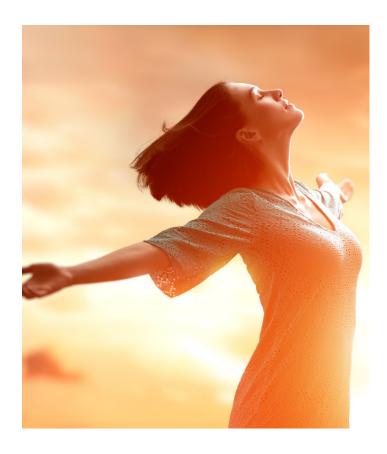
- BODY (Physical)
- MIND (Mental)
- HEART (Emotional)
- SPIRIT (Spiritual)
- HOME (Environmental)
- MONEY (Financial)
- CAREER (Professional)
- PURPOSE (Purposeful)

RATE YOUR CIRCLE

Take a deep breathe and rate yourself in each of the areas of your life, on a scale from 1-10. Once you have, combine the dots and see how "balanced" your circle really is. This page will be easier to complete if it is downloaded.



"Your future is created by what you do today not tomorrow"







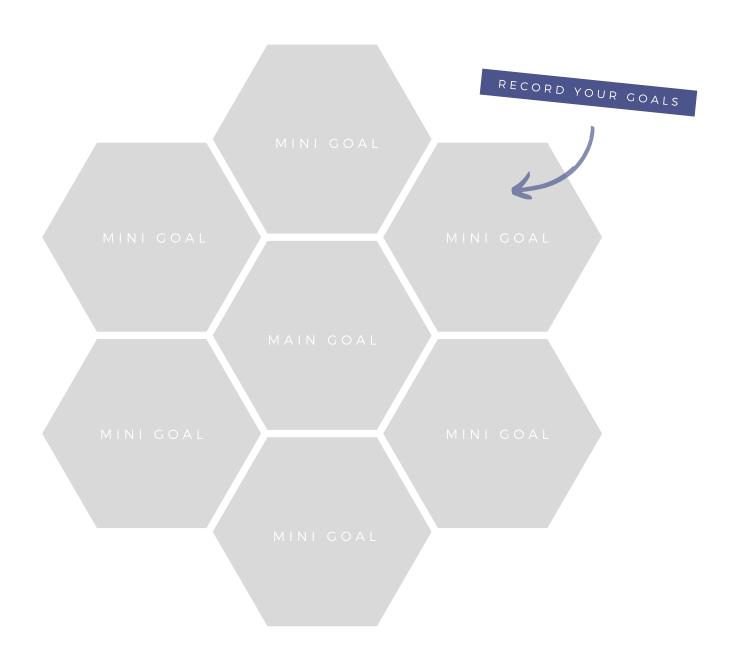
RESET YOUR INTENTIONS

Before we begin, it is crucial that you get clear on what you want each area of your life to look like instead. So take some time to fill in the spaces below.

BODY PHYSICAL	MIND MENTAL
HEART EMOTIONAL	SPIRIT SPIRITUAL
HOME ENVIRONMENTAL	MONEY FINANCIAL
CAREER PROFESSIONAL	PURPOSE PURPOSEFUL

REDEFINE YOUR GOALS

It's time to redefine what you want to focus on. Set one main goal to focus on in the next 30 days and then break it down into 6 sub-goals that will help you reach it faster!



HOW IT WORKS

Simply print out, or fill out online, the following pages and then fill in the simple-to-use intentions, gratitudes and journaling pages every single day!



YOUR

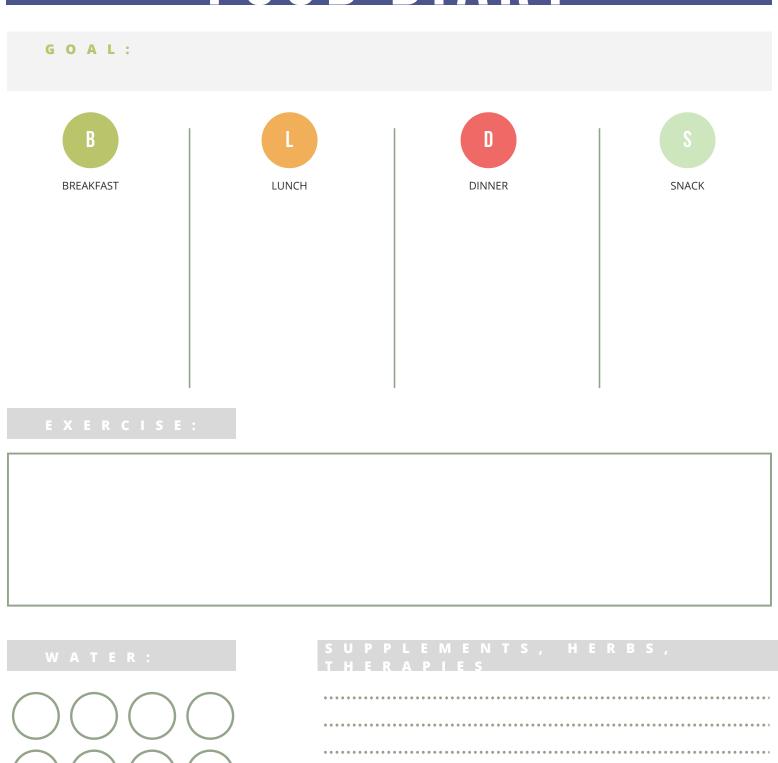
JOURNAL

FERTILITY

Date:

S/M/T/W/T/F/S

Set intentions	Nourishing F	oods	Moved My Body
Journalling	Mindful Eatir	ng 💮 [Expressed Gratitude
Meditation	Went outside		Reflected on the day
MORNING INTENT	IONS	EVENING	REFLECTIONS
Morning Thoughts Feelings & Intuiti	ions	Evening Thoughts F	eelings & Intuitions
How do you want to feel today?		How did you feel too	day?
		·	
What do you want to accomplish to	oday?	What did you accon	nplish today?
GRATITUDE JOUR	RNAL	AFFI	RMATION
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1.		I trust my body	
2.			
3.			
€.			



Set intentions

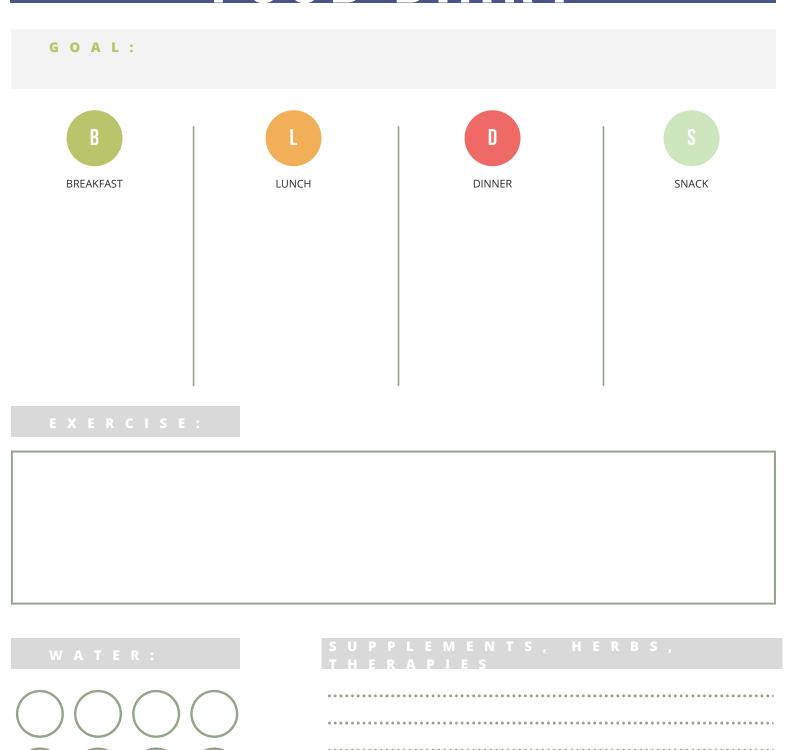
Date:

S/M/T/W/T/F/S

Moved My Body

Journalling	 Mindful Eating 	Expressed Gratitude
Meditation	Went outside	Reflected on the day
MORNING INTEN	TIONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intui	tions	Evening Thoughts Feelings & Intuitions
How do you want to feel today?		How did you feel today?
What do you want to accomplish t	oday?	What did you accomplish today?
GRATITUDE JOU	RNAL	AFFIRMATION
 1. 2. 3. 	h	ly reproductive organs work in perfect armony with my body to allow an easy onception

Nourishing Foods



Date:

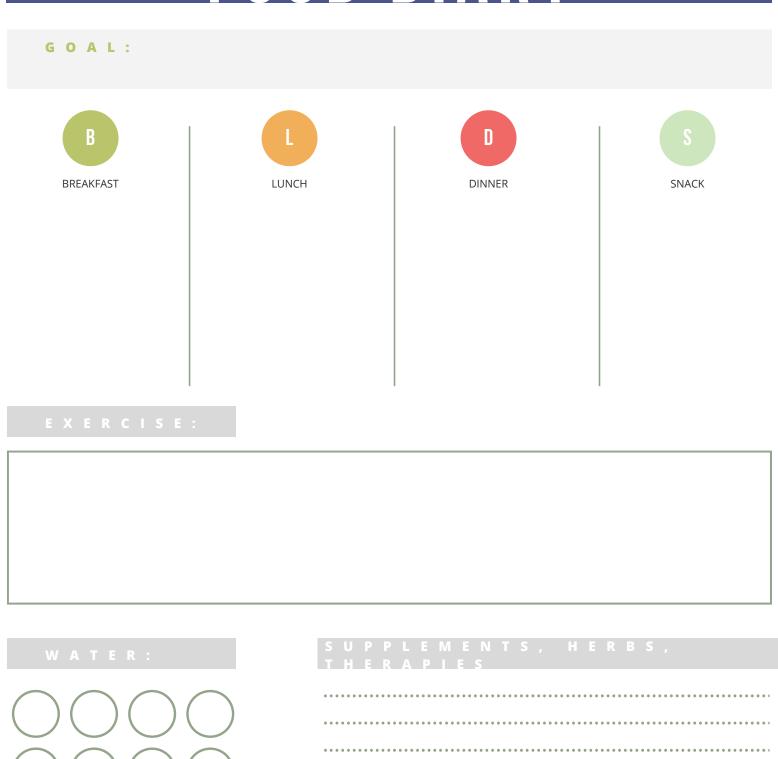
S/M/T/W/T/F/S

Set intentionsJournallingMeditation	Nourishing FoodMindful EatingWent outside	ds Moved My Body Expressed Gratitude Reflected on the day
MORNING INTEN	TIONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intui	tions	Evening Thoughts Feelings & Intuitions
How do you want to feel today?	H	How did you feel today?
What do you want to accomplish t	coday?	What did you accomplish today?

	GRATITUDE JOURNAL
1.	
2.	
3.	

AFFIRMATION

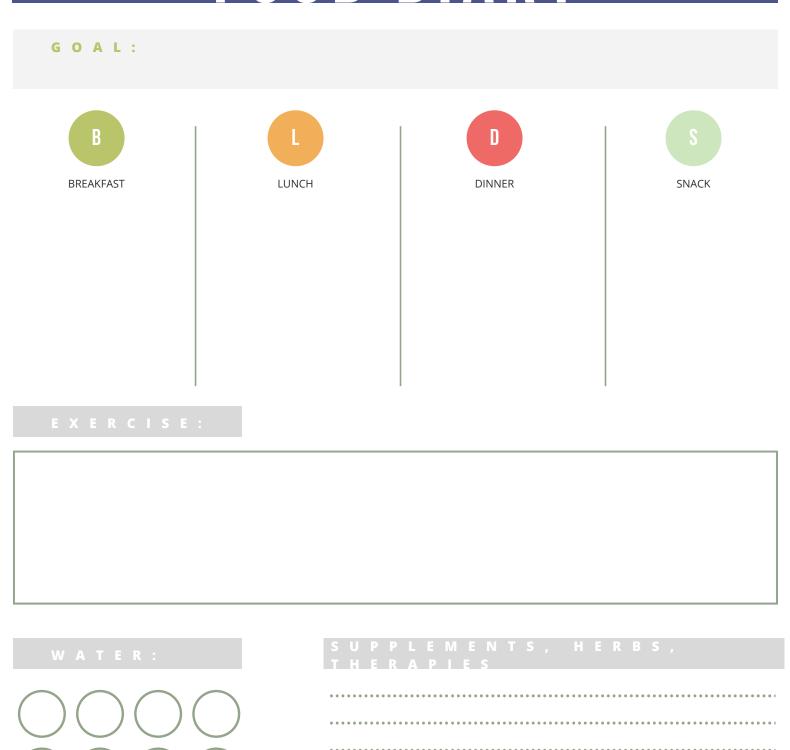
My body knows how to conceive a healthy baby



Date:

S/M/T/W/T/F/S

Journalling Meditation	Mindful Eatin Went outside	g Expressed Gratitude	
MORNING INTEN	T I O N S	EVENING REFLECTIONS	
Morning Thoughts Feelings & Intuit	iions	Evening Thoughts Feelings & Intuitions	
How do you want to feel today?		How did you feel today?	
What do you want to accomplish to	oday?	What did you accomplish today?	
GRATITUDE JOUR	RNAL	AFFIRMATION	
1.		I trust and love myself	
2.			
3.			



Date:

S/M/T/W/T/F/S

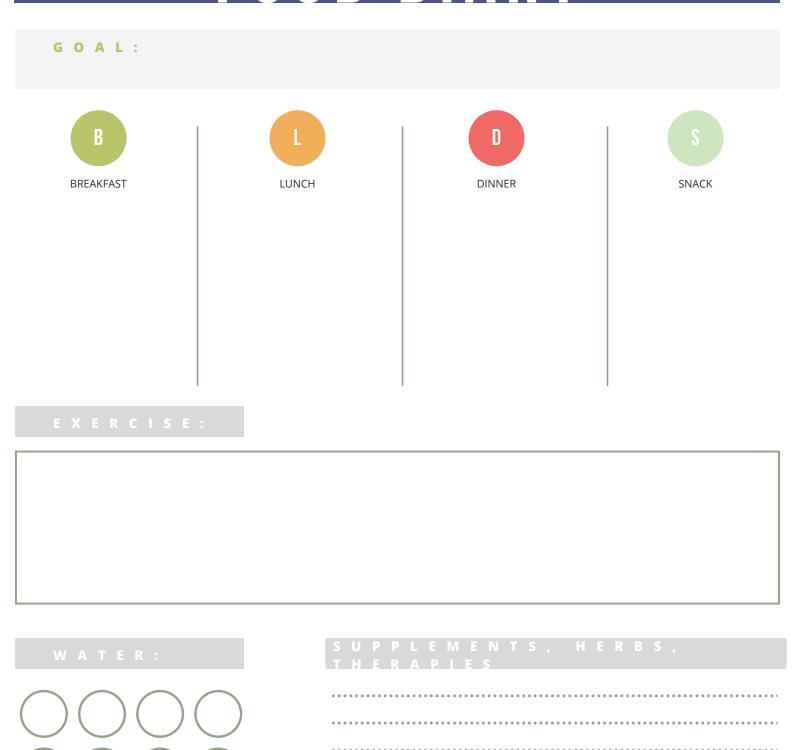
Set intentions	Nourishing Foods	Moved My Body
Journalling	Mindful Eating	Expressed Gratitude
Meditation	Went outside	Reflected on the day

MORNING INTENTIONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intuitions	Evening Thoughts Feelings & Intuitions
How do you want to feel today?	How did you feel today?
What do you want to accomplish today?	What did you accomplish today?

	GRATITUDE JOURNAL
1.	
2.	
3.	

AFFIRMATION

I accept the gift of life within myself



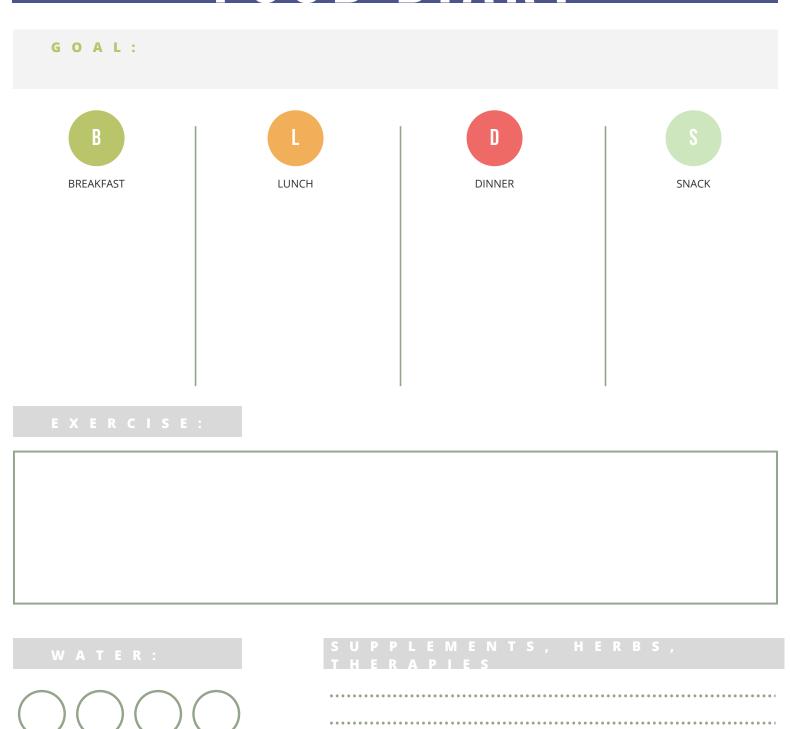
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S/M/T/W/T/F/S

Set intentions	Nourishing	Foods Moved My Body
Journalling	Mindful Ea	ting Expressed Gratitude
Meditation	Went outsi	de Reflected on the day
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Morning Thoughts Feelings & Intuit	ions	Evening Thoughts Feelings & Intuitions
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How do you want to feel today?		How did you feel today?
What do you want to accomplish to	oday?	What did you accomplish today?
GRATITUDE JOUF	RNAL	AFFIRMATION
1.		I now release all emotional blocks that
1.		prevent me from conceiving a baby



Set intentions

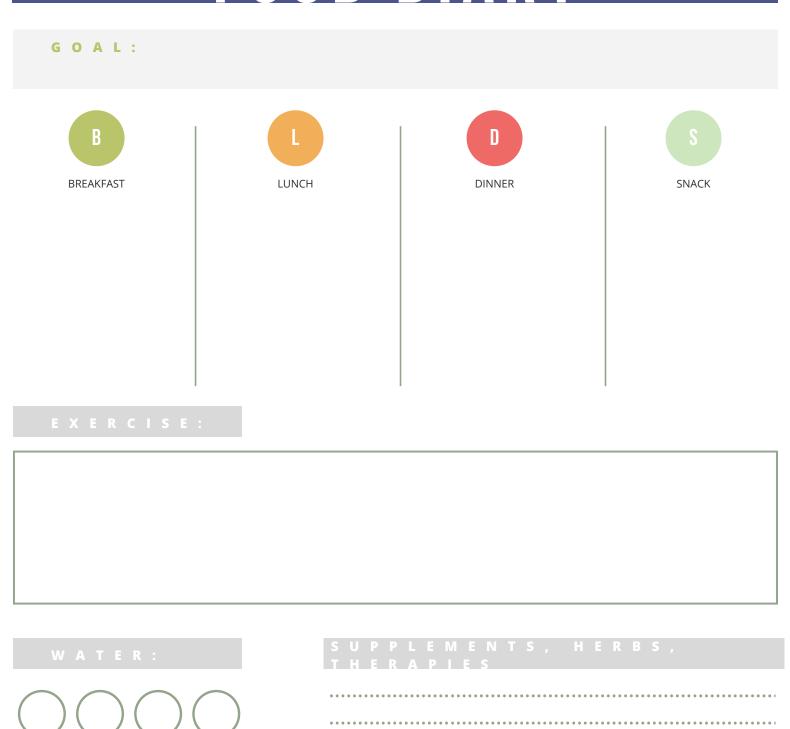
Date:

S/M/T/W/T/F/S

Moved My Body

Journalling	Mindful Eating	Expressed Gratitude
Meditation	Went outside	Reflected on the day
MORNING INTENTIONS		EVENING REFLECTIONS
Morning Thoughts Feelings & Intui	tions	Evening Thoughts Feelings & Intuitions
How do you want to feel today?		How did you feel today?
What do you want to accomplish	coday?	What did you accomplish today?
GRATITUDE JOU	RNAL	AFFIRMATION
1.		choose a healthy lifestyle that enhances
		y fertility
2.		
J.		
⊍.		

Nourishing Foods

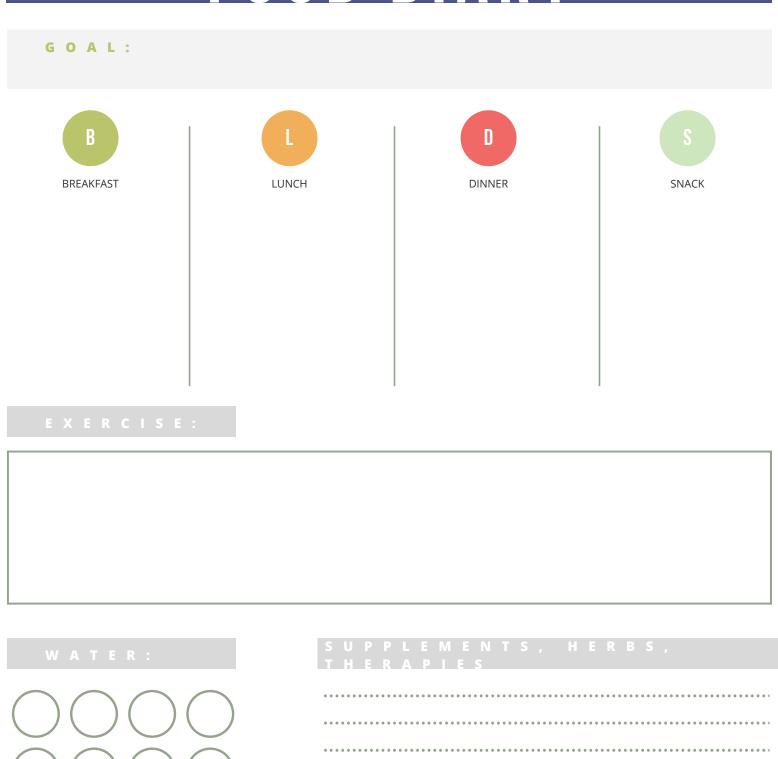


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S/M/T/W/T/F/S

Set intentions	Nourishing Foods	Moved My Body
Journalling	Mindful Eating	Expressed Gratitude
Meditation	Went outside	Reflected on the day
MORNING INTENTI	ONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intuition	ns Even	ing Thoughts Feelings & Intuitions
How do you want to feel today?	How	did you feel today?
What do you want to accomplish toda	ay? Wha	t did you accomplish today?
GRATITUDE JOURN	N A L	AFFIRMATION
1.	l welco	ome my time to be a parent
2.		

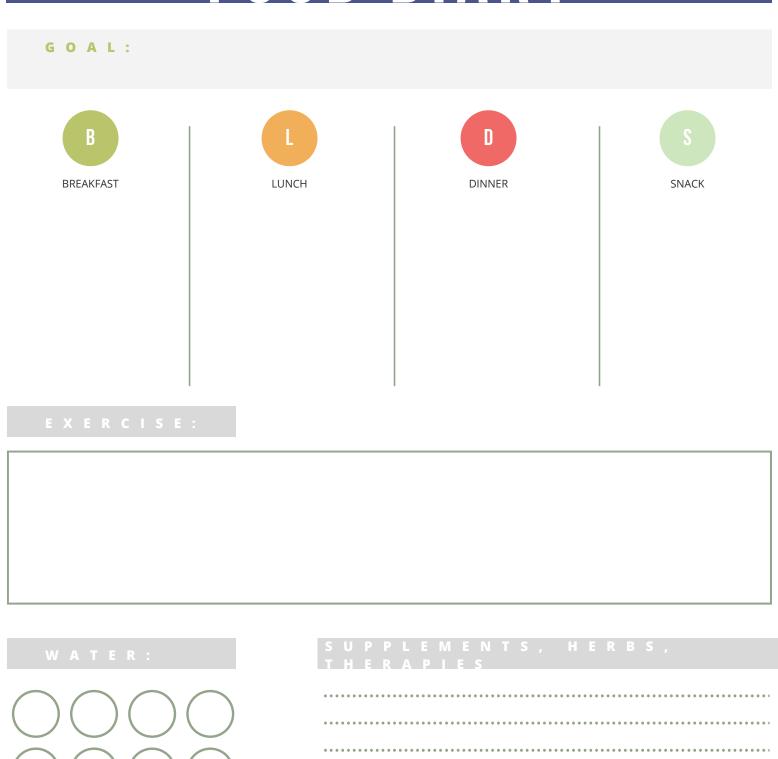


3.

Date:

S/M/T/W/T/F/S

Set intentions	Nourishing Fo	oods	Moved My Body		
Journalling	Mindful Eatin	g	Expressed Gratitude		
Meditation	Went outside		Reflected on the day		
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Morning Thoughts Feelings & Intuitio	ns	Evening Thought	s Feelings & Intuitions		
How do you want to feel today?		How did you feel	today?		
What do you want to accomplish tod	ay?	What did you acc	complish today?		
GRATITUDE JOURI	N A L	ΑF	FIRMATION		
1. 2.		now manifest ı	my decision to have a baby		



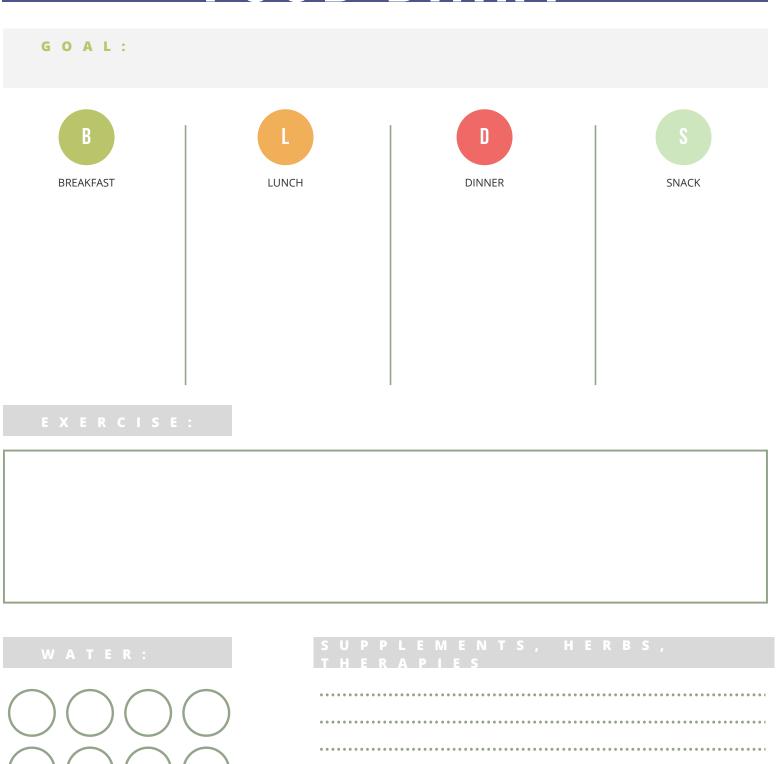
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Set intentionsJournallingMeditation	Nourishing FoMindful EatinWent outside	ng Expressed Gratitude
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Morning Thoughts Feelings & Intu	itions	Evening Thoughts Feelings & Intuitions

Morning Thoughts Feelings & Intuitions	Evening Thoughts Feelings & Intuitions
How do you want to feel today?	How did you feel today?
What do you want to accomplish today?	What did you accomplish today?

GRATITUDE JOURNAL	AFFIRMATION
1.	I visualize having a baby
2.	
3.	



Date:

S/M/T/W/T/F/S

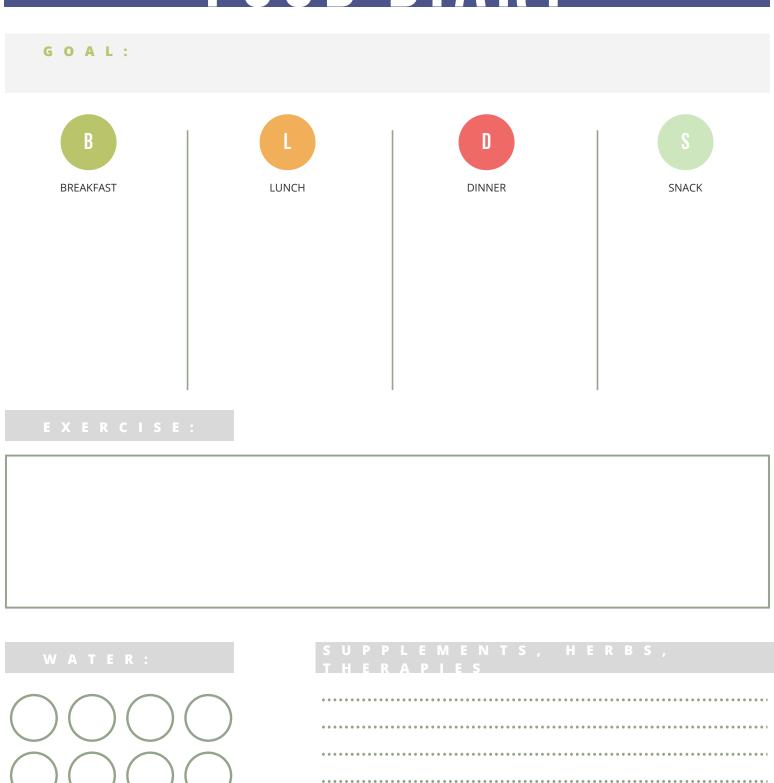
AFFIRMATION

New balance is coming to my body now

Set intentions Journalling Meditation	Nourishing Food Mindful Eating Went outside	Moved My BodyExpressed GratitudeReflected on the day
MORNING INTENTIO	N S	EVENING REFLECTIONS
Morning Thoughts Feelings & Intuitions	Ev	vening Thoughts Feelings & Intuitions
How do you want to feel today?	Н	ow did you feel today?
What do you want to accomplish today?	W	hat did you accomplish today?

1. 2. 3.

GRATITUDE JOURNA



How do you want to feel today?

Date:

S/M/T/W/T/F/S

Set intentionsJournallingMeditation	Nourishing FoodsMindful EatingWent outside				
MORNING INTENTIONS			EVENING REFLECTIONS		
Morning Thoughts Feelings & Intu	eelings & Intuitions		Evening Thoughts Feelings & Intuitions		

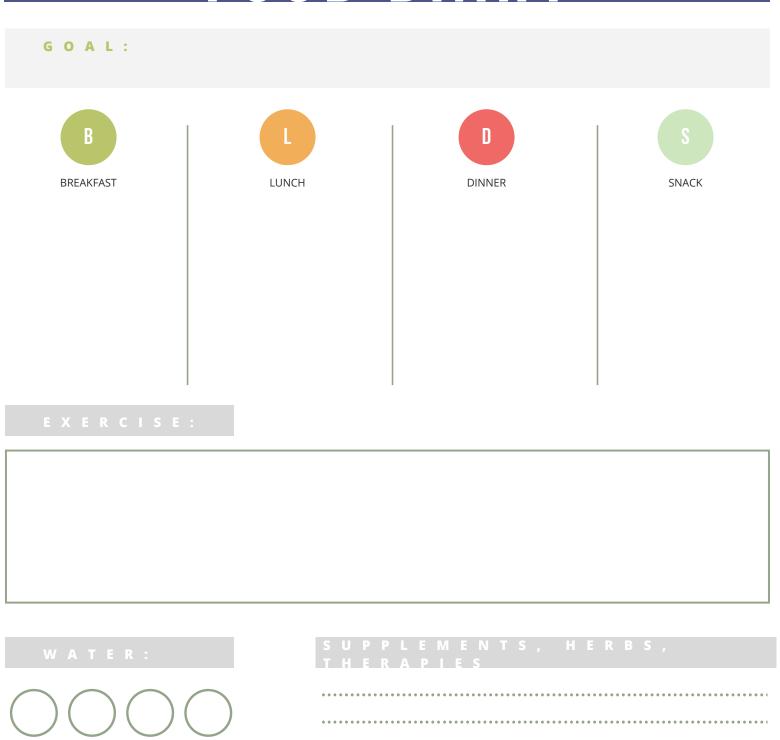
What do you want to accomplish today?	Wha

EVENING REFLECTIONS
Evening Thoughts Feelings & Intuitions
How did you feel today?
What did you accomplish today?

I. 2. 3.

AFFIRMATION

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



Date:

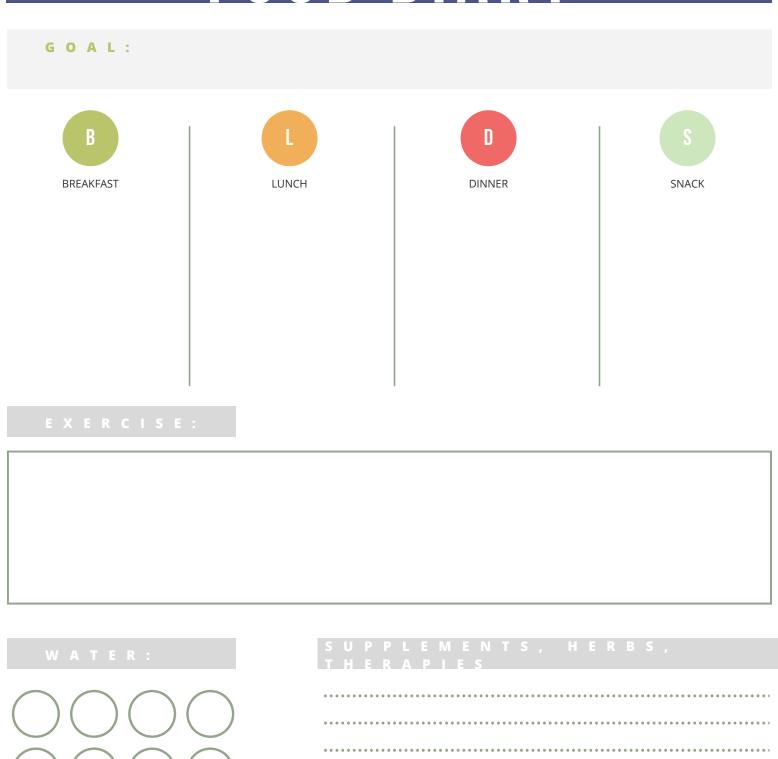
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Set intentions Journalling Meditation	Nourishing Mindful Eat Went outsic	ing Expressed Gratitude
MORNING INTENT	IONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intuition	ons	Evening Thoughts Feelings & Intuitions
How do you want to feel today?		How did you feel today?
What do you want to accomplish too	day?	What did you accomplish today?

	GRATITUDE :	JOURNAL
1.		
2.		
3.		

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I allow new beginnings in my life



Set intentions

1.

3.

Date:

S/M/T/W/T/F/S

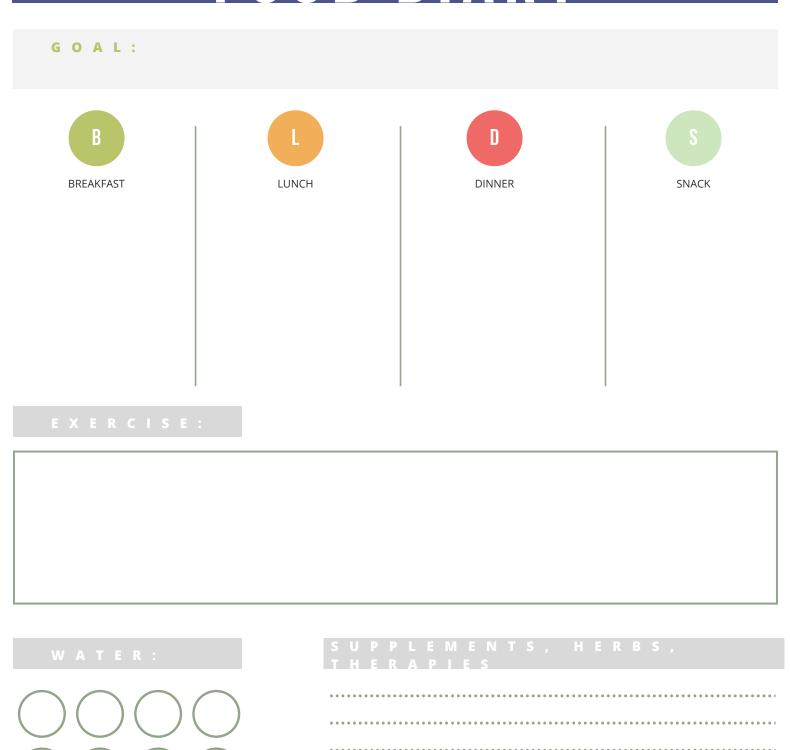
Moved My Body

I willingly release old thinking patterns

based on fear and self-doubt. I allow new ones based on love and self-confidence

Journalling Meditation	Mindful Eating Went outside	Expressed Gratitude Reflected on the day
MORNING INTENT	TONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intuit	ions Ev	vening Thoughts Feelings & Intuitions
How do you want to feel today?	Ho	ow did you feel today?
What do you want to accomplish to	oday? W	hat did you accomplish today?
CDATITUDE JOHE		A F F I P M A T I O N

Nourishing Foods



Date:

S/M/T/W/T/F/S

Set intentionsJournallingMeditation	NourishingMindful EaWent outsi	ting	Moved My BodyExpressed GratitudeReflected on the day
MORNING INTEN	TIONS	EVEN	ING REFLECTIONS
Morning Thoughts Feelings & Intui	tions	Evening Thoug	hts Feelings & Intuitions
How do you want to feel today?		How did you fe	el today?

	GRATITUDE	JOURNAL	

What do you want to accomplish today?

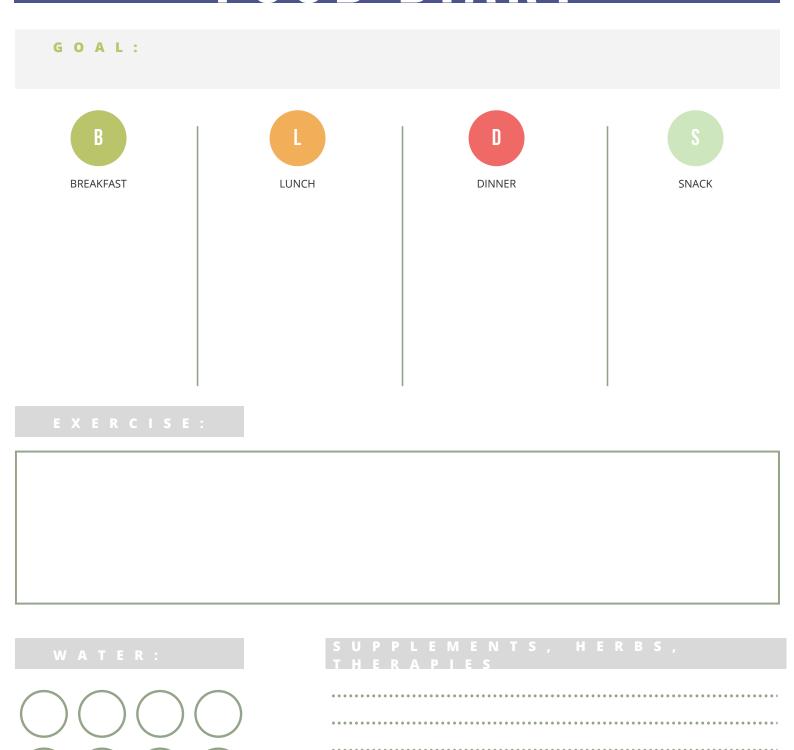
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1.

3.

I now choose positive thoughts that nurture and support my life

What did you accomplish today?

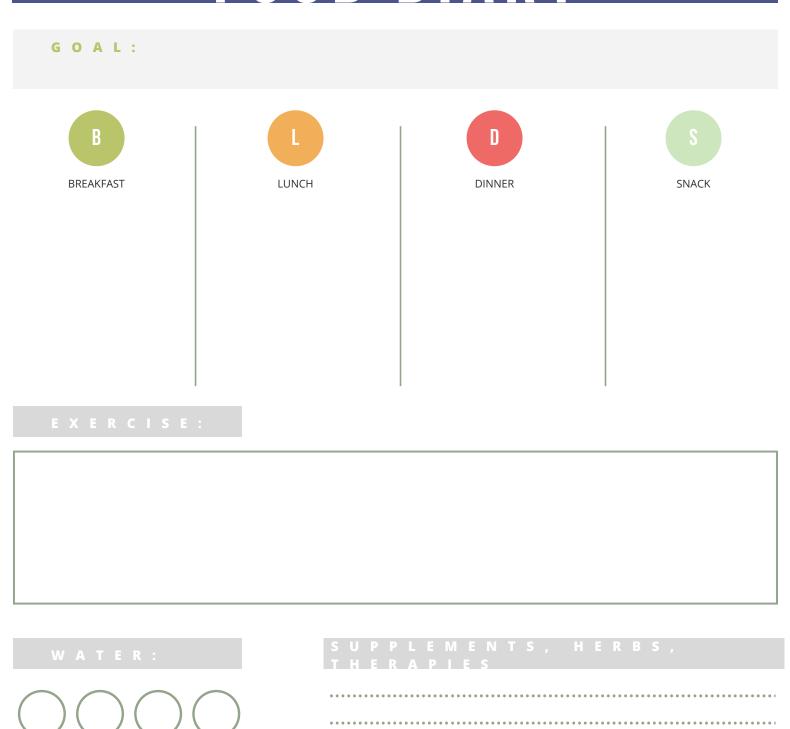


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Date:

S/M/T/W/T/F/S

Set intentions	Nourishing Foods	Moved My Body
Journalling	Mindful Eating	Expressed Gratitude
Meditation	Went outside	Reflected on the day
MORNING INTENT	TIONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intuit	ions Eve	ening Thoughts Feelings & Intuitions
How do you want to feel today?	Но	ow did you feel today?
What do you want to accomplish to	oday? Wł	nat did you accomplish today?
GRATITUDE JOUR	RNAL	AFFIRMATION
1.		ept the responsibilities of herhood and I know I will rise to the
2.		ision when the time comes



Date:

S/M/T/W/T/F/S

Set intentions
Journalling

Moved My Body

Meditation

Mindful Eating

Expressed Gratitude
Reflected on the day

Went outside

MORNING	INTENTIONS
Morning Thoughts Feel	ings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

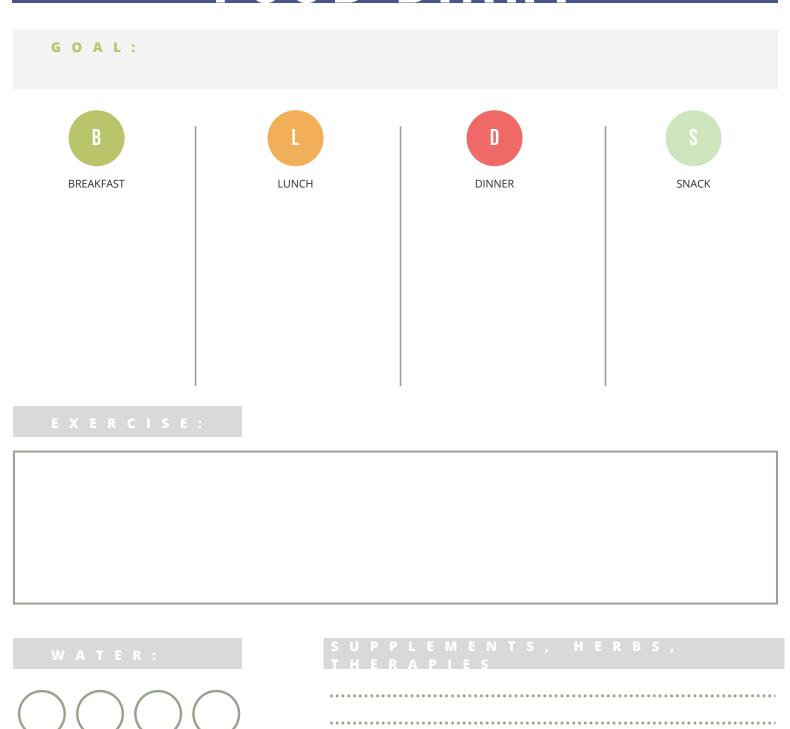
Evening Thoughts Feelings & Intuitions	
How did you feel today?	
What did you accomplish today?	

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

AFFIRMATION

I am now a loving parent to myself



1.

2.

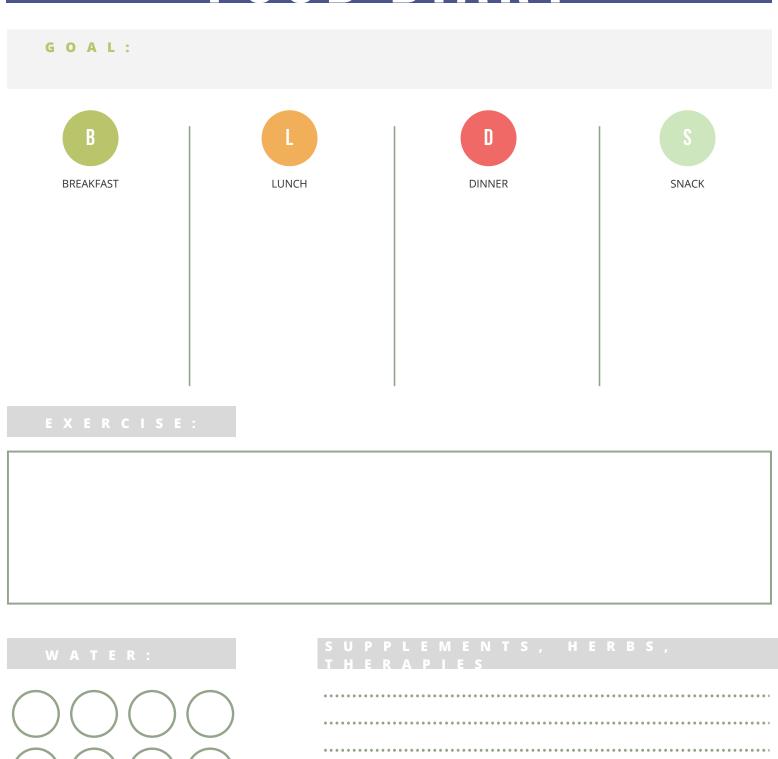
3.

Date:

I focus on the power of now

S/M/T/W/T/F/S

Set intentionsJournallingMeditation	Nourishing Foods Mindful Eating Went outside	Moved My BodyExpressed GratitudeReflected on the day
MORNING INTENTIO	N S E V E	NING REFLECTIONS
Morning Thoughts Feelings & Intuitions	Evening The	oughts Feelings & Intuitions
How do you want to feel today?	How did yo	u feel today?
What do you want to accomplish today	? What did yo	ou accomplish today?
GRATITUDE JOURNA	A L	AFFIRMATION



Date:

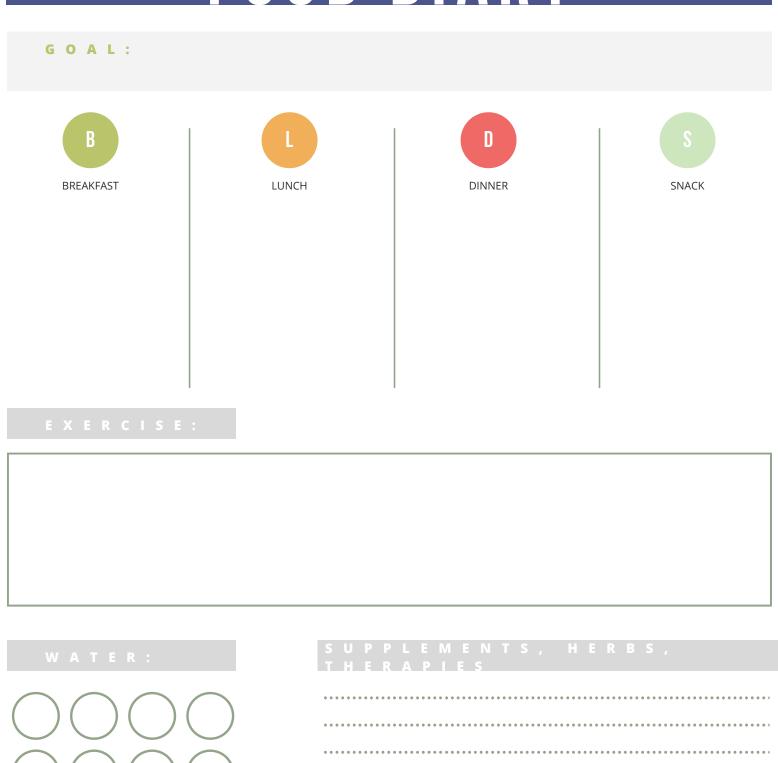
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Set intentionsJournallingMeditation	Nourishing FMindful EatiWent outsid	ng Expressed Gratitude
MORNING INTEN	TIONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intuit	cions	Evening Thoughts Feelings & Intuitions
How do you want to feel today?		How did you feel today?
What do you want to accomplish t	oday?	What did you accomplish today?

	GRATITUDE JOURNAL	
1.		
2.		
3.		

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I release fears about age and time

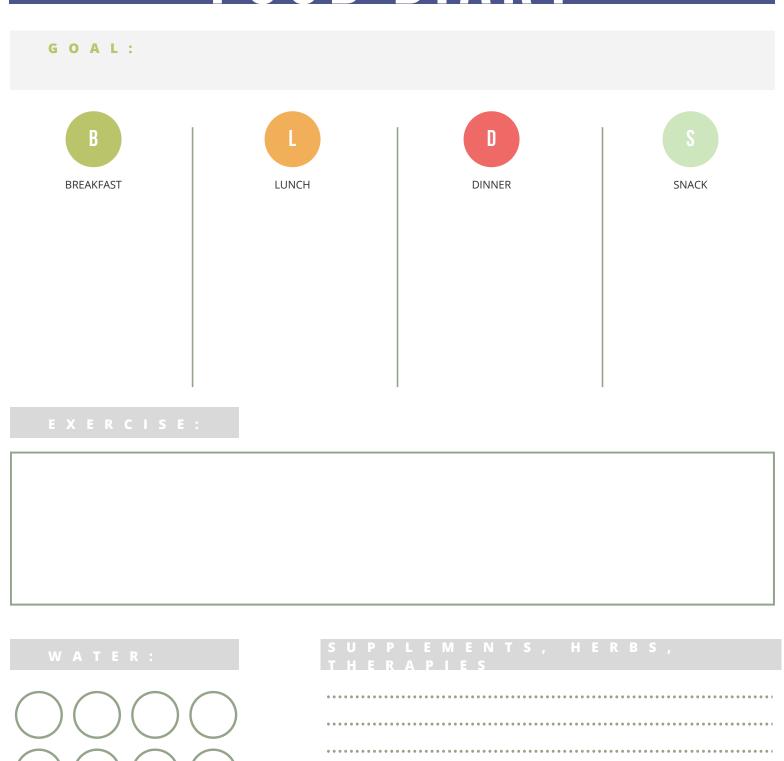


3.

Date:

S/M/T/W/T/F/S

Set intentions	Nourishing Food	ds	Moved My Body
Journalling	Mindful Eating		Expressed Gratitude
Meditation	Went outside		Reflected on the day
MORNING INTENTI	ONS	EVENIN	G REFLECTIONS
Morning Thoughts Feelings & Intuition	is E	vening Thoughts	Feelings & Intuitions
How do you want to feel today?	H	low did you feel t	today?
What do you want to accomplish toda	ny? V	Vhat did you acco	omplish today?
GRATITUDE JOURN	IAL	AFF	FIRMATION
1. 2.		t my worries Io its job	aside and I allow my body



Date:

S/M/T/W/T/F/S

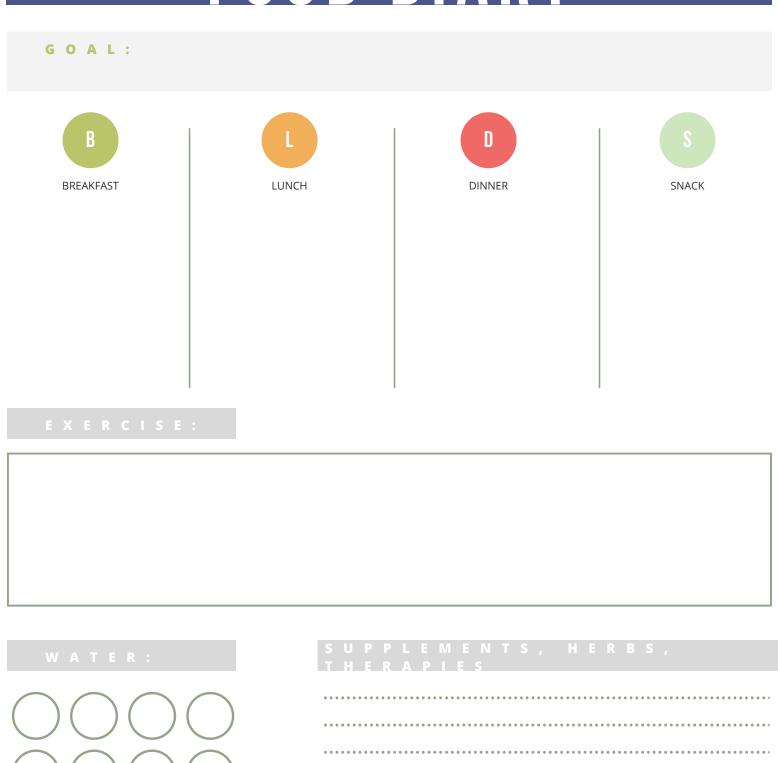
Set intentions	Nourishing Foods	Moved My Body
Journalling	Mindful Eating	Expressed Gratitude
Meditation	Went outside	Reflected on the day
MORNING INTE	ENTIONS	EVENING REFLECTIONS

MORNING INTENTIONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intuitions	Evening Thoughts Feelings & Intuitions
How do you want to feel today?	How did you feel today?
What do you want to accomplish today?	What did you accomplish today?

	GRATITUDE JOURNAL
1.	
1.	
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3.	

AFFIRMATION

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



Date:

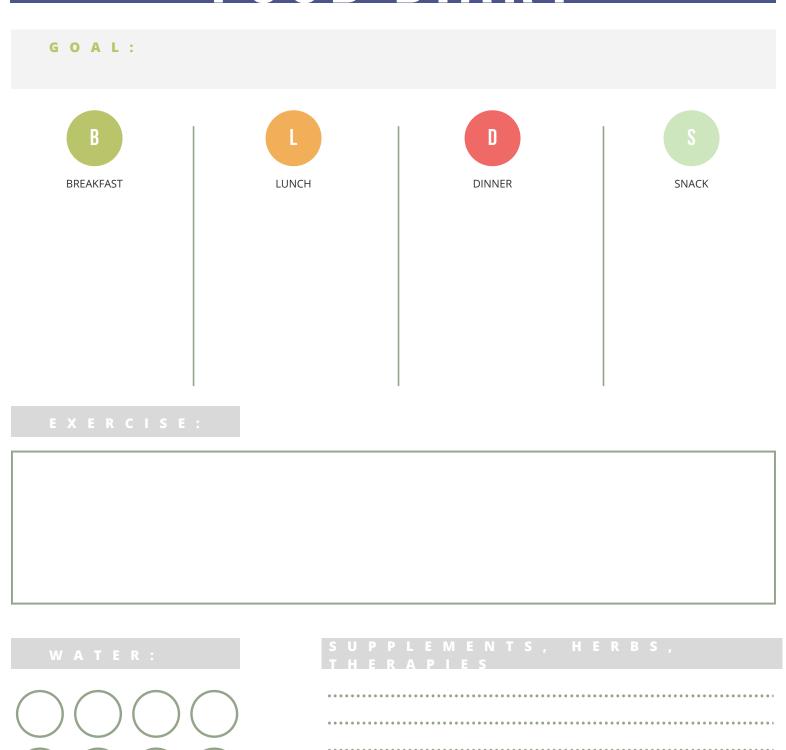
S/M/T/W/T/F/S

Set intentionsJournallingMeditation	Nourishing FMindful EatinWent outside	ng Expressed Gratitude
MORNING INTEN	TIONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intui	tions	Evening Thoughts Feelings & Intuitions
How do you want to feel today?		How did you feel today?
What do you want to accomplish t	coday?	What did you accomplish today?

	GRATITUDE	JOURNAL
1.		
2.		
3.		

AFFIRMATION

l educate myself about a healthy preconception life style



Date:

S/M/T/W/T/F/S

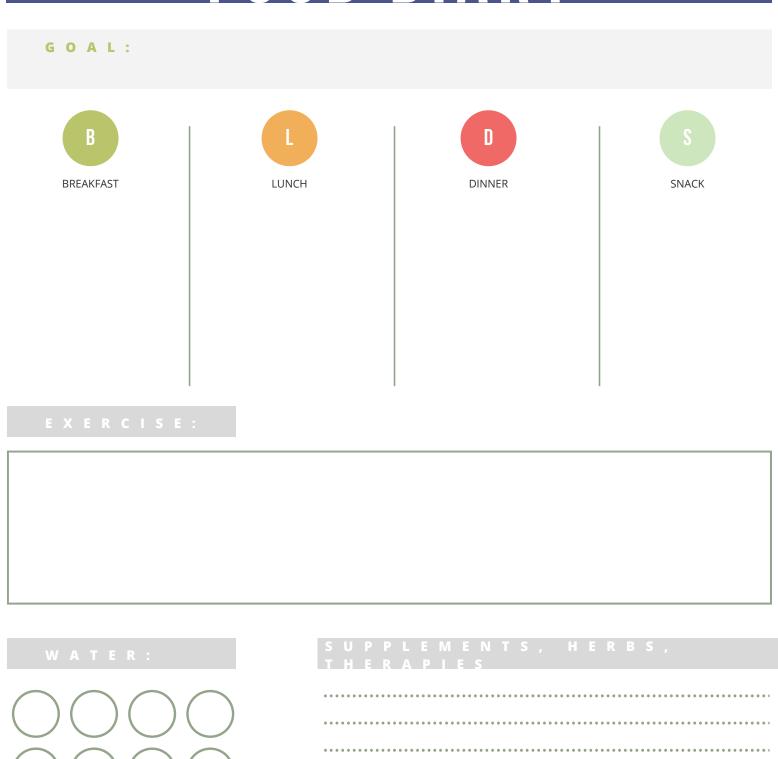
Set intentions	Nourishing Foods	Moved My Body
Journalling	Mindful Eating	Expressed Gratitude
Meditation	Went outside	Reflected on the day

MORNING INTENTIONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intuitions	Evening Thoughts Feelings & Intuitions
How do you want to feel today?	How did you feel today?
What do you want to accomplish today?	What did you accomplish today?

 1. 2. 	RNAL	GRATITUDE
2.		
3.		3.

AFFIRMA	TION

I graciously accept my creative powers



Date:

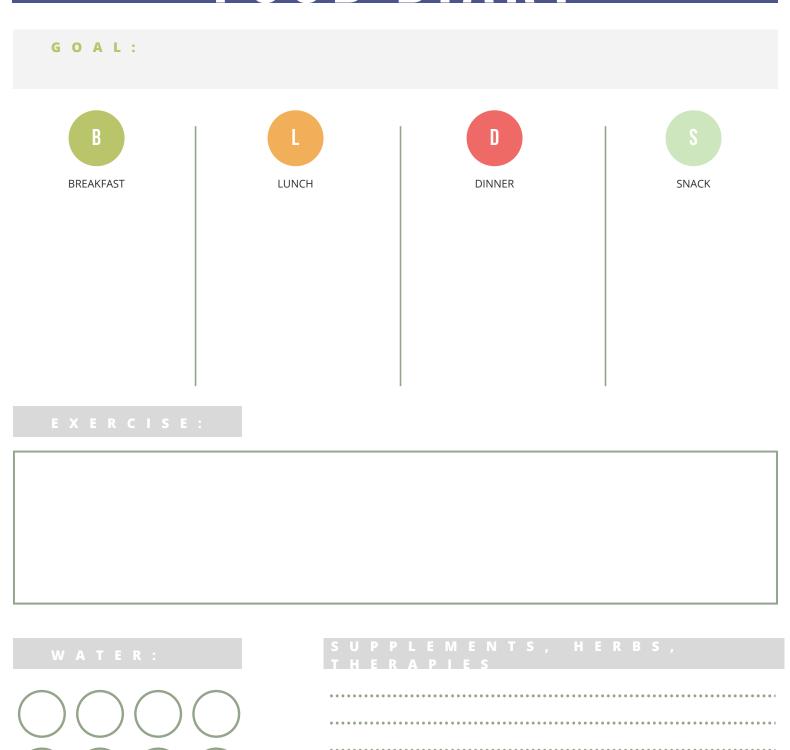
S/M/T/W/T/F/S

Set intentionsJournallingMeditation	Nourishing FormulaMindful EatingWent outside	expressed Gratitude
MORNING INTEN	TIONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intu	itions	Evening Thoughts Feelings & Intuitions
How do you want to feel today?		How did you feel today?
What do you want to accomplish	today?	What did you accomplish today?

	GRATITUDE	JOURNAL
1.		
2.		
3.		

AFFIRMATION

I allow the creative forces within me to be released



Date:

S/M/T/W/T/F/S

Set intentionsJournallingMeditation	Nourishing FooMindful EatingWent outside		
MORNING INTENTIONS		EVENING REFLECTIONS	
Morning Thoughts Feelings & Intuitions		Evening Thoughts Feelings & Intuitions	
How do you want to feel today?		How did you feel today?	

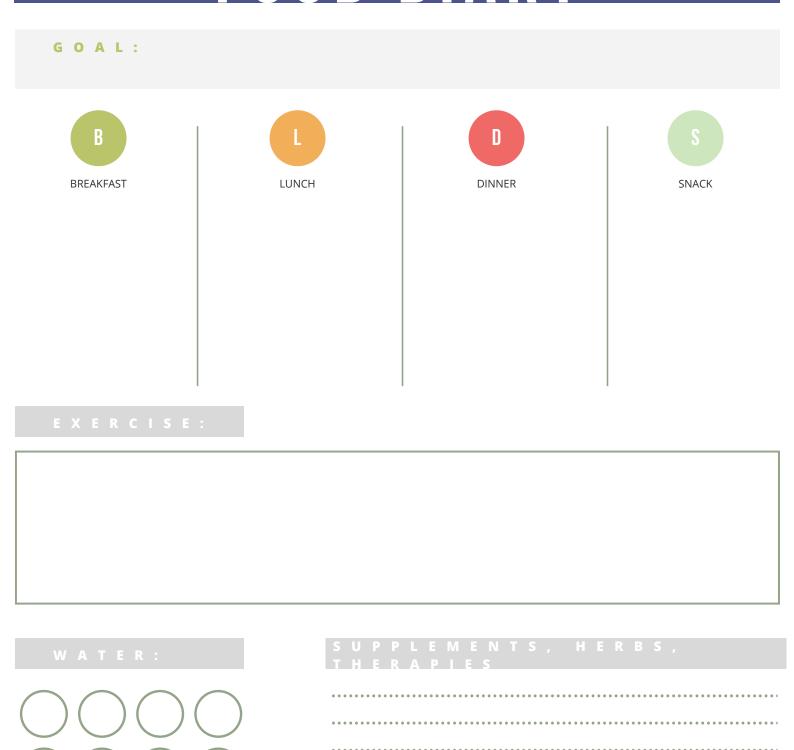
	GRATITUDE JOURNAL
1	
1.	
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What do you want to accomplish today?

Evening Thoughts Feelings & Intuitions	
How did you feel today?	
What did you accomplish today?	

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

AFFIRMATION



Date:

S/M/T/W/T/F/S

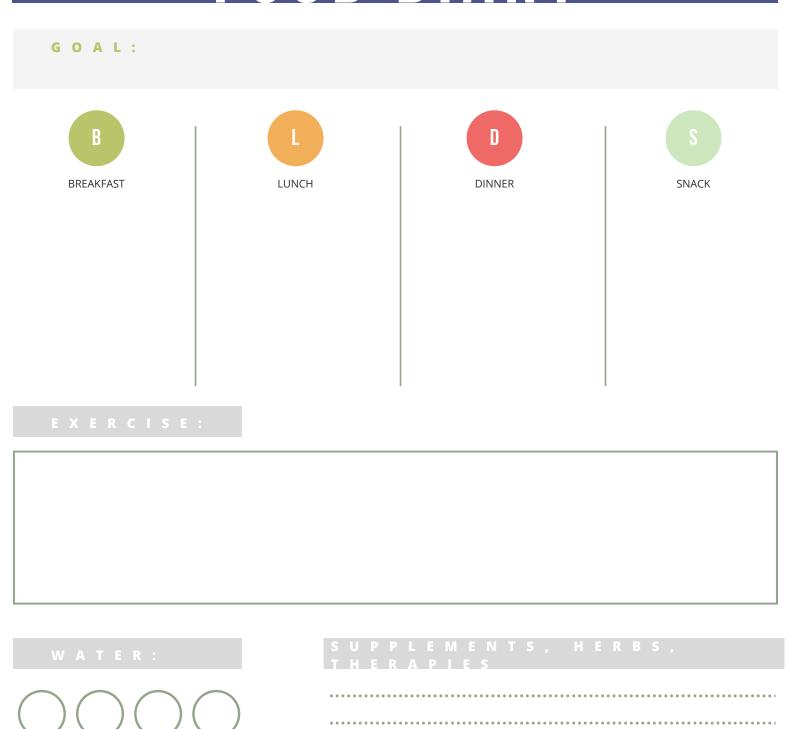
Set intentionsJournallingMeditation	NourishingMindful EaWent outs	ating	Moved My BodyExpressed GratitudeReflected on the day
MORNING INTENT	TONS	Е	VENING REFLECTIONS
Morning Thoughts Feelings & Intuit	ions	Evening	Thoughts Feelings & Intuitions
How do you want to feel today?		How did	d you feel today?
What do you want to accomplish to	oday?	What di	d you accomplish today?

1. 2. 3.

GRATITUDE JOURNAL

AFFIRMATION

Create Your Own Affirmation Here



Day 27

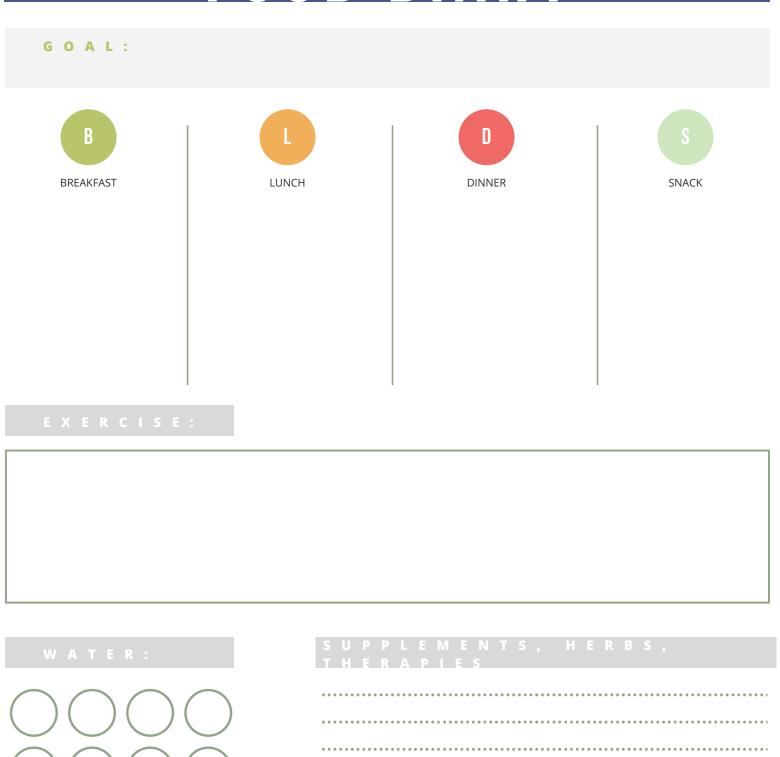
Date:

S/M/T/W/T/F/S

Set intentions Journalling Meditation	Nourishing FoodsMindful EatingWent outside	Moved My BodyExpressed GratitudeReflected on the day
MORNING INTE	NTIONS	EVENING REFLECTIONS

MORNING INTENTIONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intuitions	Evening Thoughts Feelings & Intuitions
How do you want to feel today?	How did you feel today?
What do you want to accomplish today?	What did you accomplish today?

GRATITUDE JOURNAL	AFFIRMATION
1.	Create Your Own Affirmation Here
2.	
3.	



Day 28

1.

2.

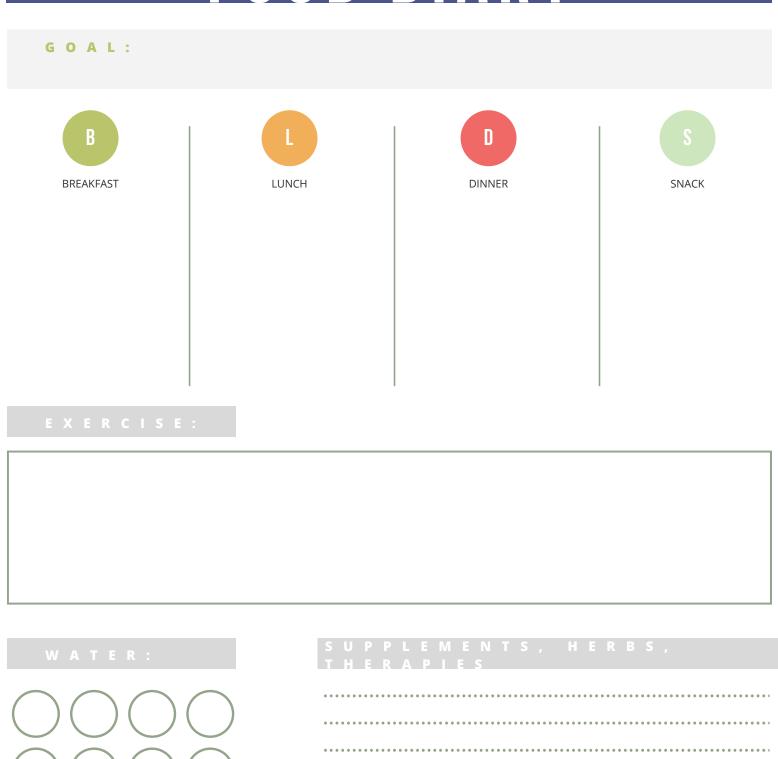
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Date:

Create Your Own Affirmation Here

S/M/T/W/T/F/S

Set intentionsJournallingMeditationNourishingMindfulWent out	
MORNING INTENTIONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intuitions	Evening Thoughts Feelings & Intuitions
How do you want to feel today?	How did you feel today?
What do you want to accomplish today?	What did you accomplish today?
GRATITUDE JOURNAL	AFFIRMATION



Day 29

Date:

S/M/T/W/T/F/S

Set intentions
Journalling
Meditation

Nourishing Foods
Mindful Eating

Went outside

Moved My Body
Expressed Gratitude
Reflected on the day

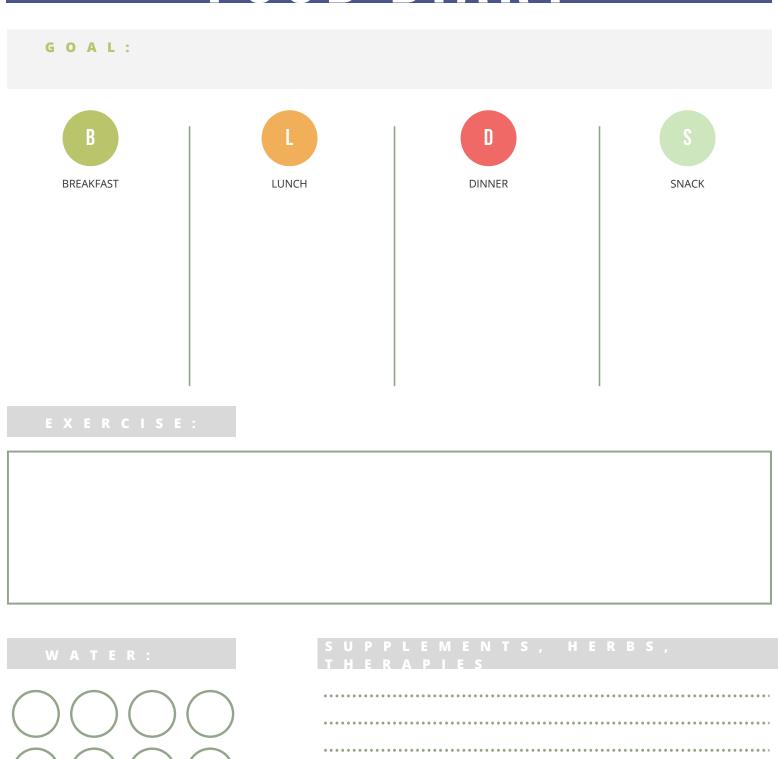
	MORNING IN	ITENTIONS
Morr	ing Thoughts Feeling	s & Intuitions
How	do you want to feel to	oday?
Wha	t do you want to acco	mplish today?

EVENING REFLECTIONS
Evening Thoughts Feelings & Intuitions
How did you feel today?
What did you accomplish today?

	GRATITUDE	JOURNAL	
1.			
2.			
3.			

AFFIRMATION

Create Your Own Affirmation Here



Day 30

Date:

S/M/T/W/T/F/S

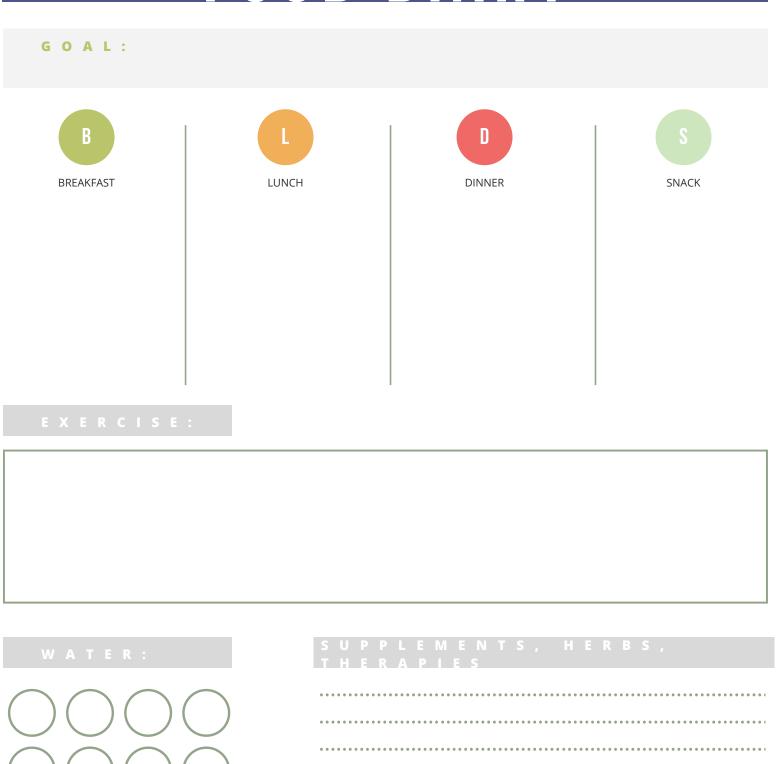
Set intentionsJournallingMeditation	Nourishing FoodsMindful EatingWent outside	Moved My BodyExpressed GratitudeReflected on the day
MORNING INTEN	TIONS	EVENING REFLECTIONS
MORNING INTEN	110113	EVENTING REFERENCES

MORNING INTENTIONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intuitions	Evening Thoughts Feelings & Intuitions
How do you want to feel today?	How did you feel today?
What do you want to accomplish today?	What did you accomplish today?

	GRATITUDE JOURNAL	AFFIRMA
1.		Create Your Own Affirm
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Day 31

Date:

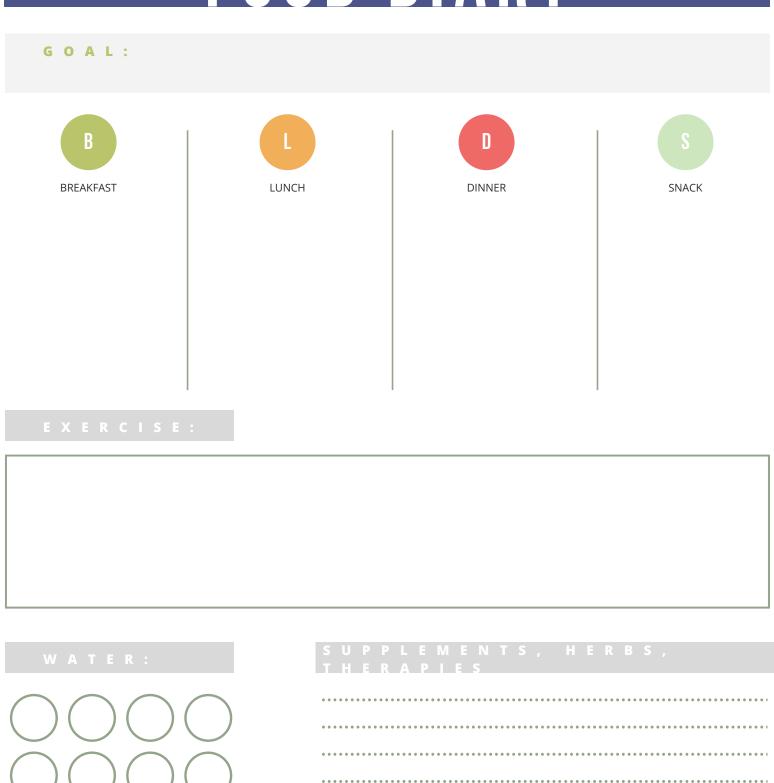
S/M/T/W/T/F/S

Set intentionsJournallingMeditation	Nourishing IMindful EatiWent outsid	ng Expressed Gratitude
MORNING INTEN	TIONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intui	tions	Evening Thoughts Feelings & Intuitions
How do you want to feel today?		How did you feel today?
What do you want to accomplish t	oday?	What did you accomplish today?

	GRATITUDE JOURNAL
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Create Your Own Affirmation Here



Day 1 - Month 2

Date:

S/M/T/W/T/F/S

Set	intention	15

- Nourishing Foods
- Moved My Body

- Journalling
- Mindful Eating
- Expressed Gratitude

- Meditation
- Went outside
- Reflected on the day

MORNING INTENTIONS
Morning Thoughts Feelings & Intuitions
How do you want to feel today?
What do you want to accomplish today?

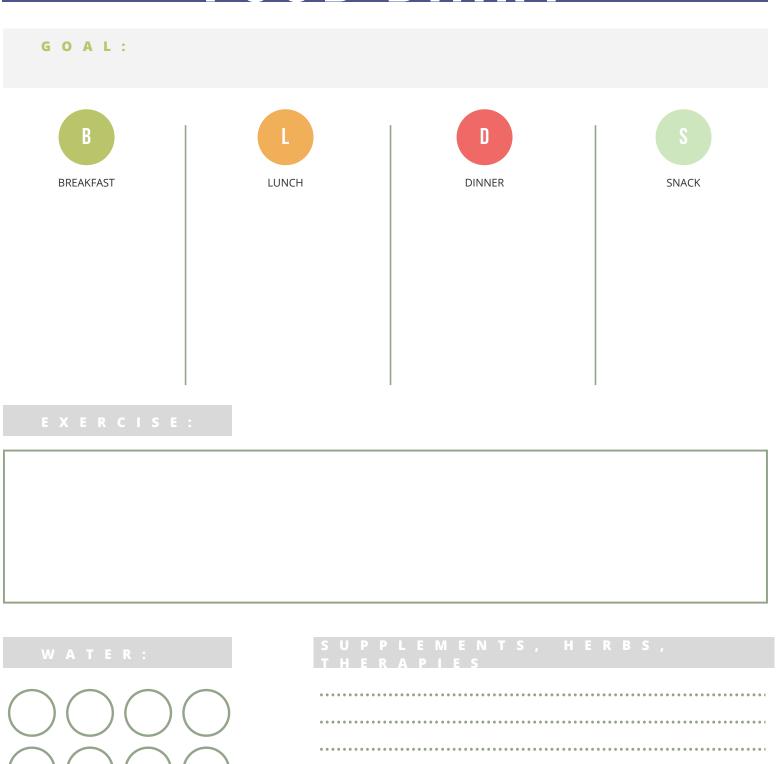
EVENING REFLECTIONS
Evening Thoughts Feelings & Intuitions
How did you feel today?
What did you accomplish today?

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- 1.
- 9
- 3.

AFFIRMATION

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

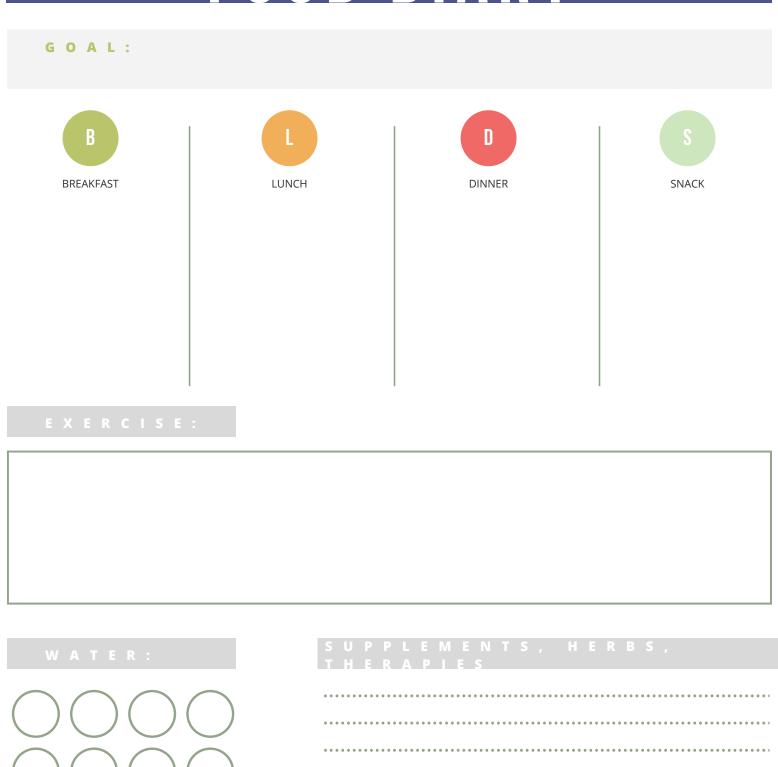


Day 2 - Month 2

Date:

S/M/T/W/T/F/S

Set intentions	Nourishing Fo	ods Moved My Body
Journalling	Mindful Eating	Expressed Gratitude
Meditation	Went outside	Reflected on the day
MORNING INTEN	TIONS	EVENING REFLECTIONS
Morning Thoughts Feelings & Intui	itions	Evening Thoughts Feelings & Intuitions
How do you want to feel today?		How did you feel today?
What do you want to accomplish	today?	What did you accomplish today?
GRATITUDE JOU	RNAL	AFFIRMATION
1.		experience a profound connection to the niracle of life
2.		
3.		
€ .		



Day 3 - Month 2

Date:

S/M/T/W/T/F/S

Set intentions	Nourishing Foods
Journalling	Mindful Eating
Meditation	Went outside

Moved My	Body
Expressed	Gratitude

Reflected on the day

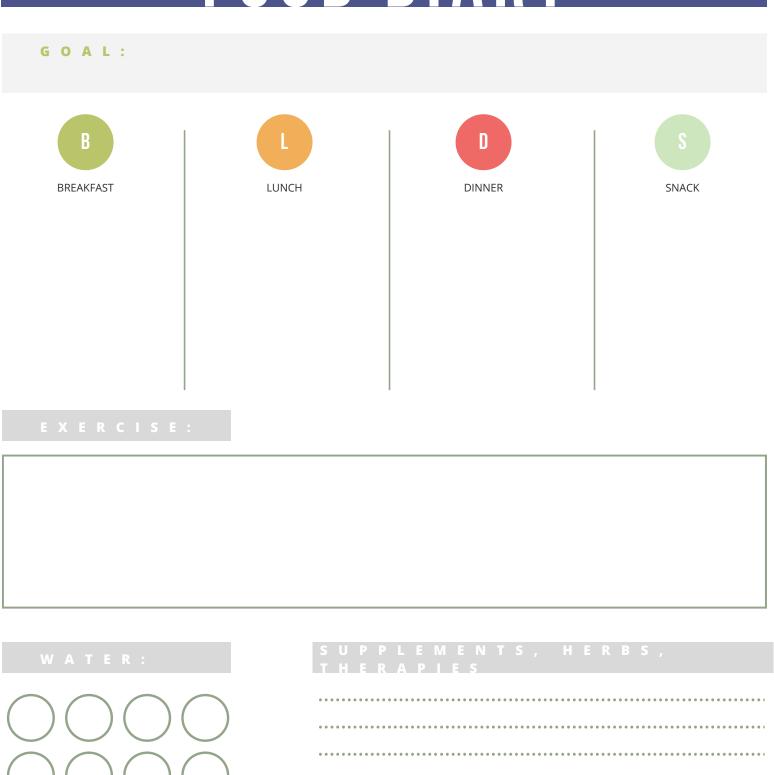
MORNING INTENTIONS Morning Thoughts Feelings & Intuitions How do you want to feel today? What do you want to accomplish today?

EVENING REFLECTIONS
Evening Thoughts Feelings & Intuitions
How did you feel today?
What did you accomplish today?

	GRATITUDE	JOURNAL
1.		
2.		
3.		

AFFIRMATION

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



Day 4 - Month 2

Date:

S/M/T/W/T/F/S

		Set	inte	ntions
--	--	-----	------	--------

- Journalling
- Meditation
- Nourishing Foods
- Mindful Eating
- Went outside
- Moved My Body
- Expressed Gratitude
- Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

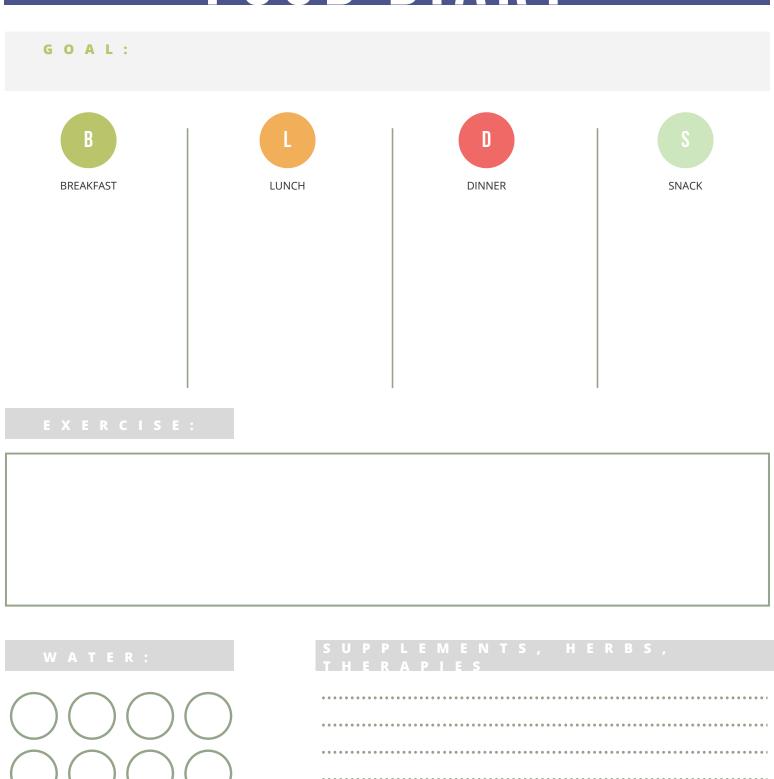
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 9
- 3.

AFFIRMATION

I allow harmonious energies to heal me in this very moment



Day 5 - Month 2

Date:

S/M/T/W/T/F/S

Set	inte	ntio	n
, JC1	HILLE	11110	1113

- Journalling
- Meditation
- Nourishing Foods
- Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

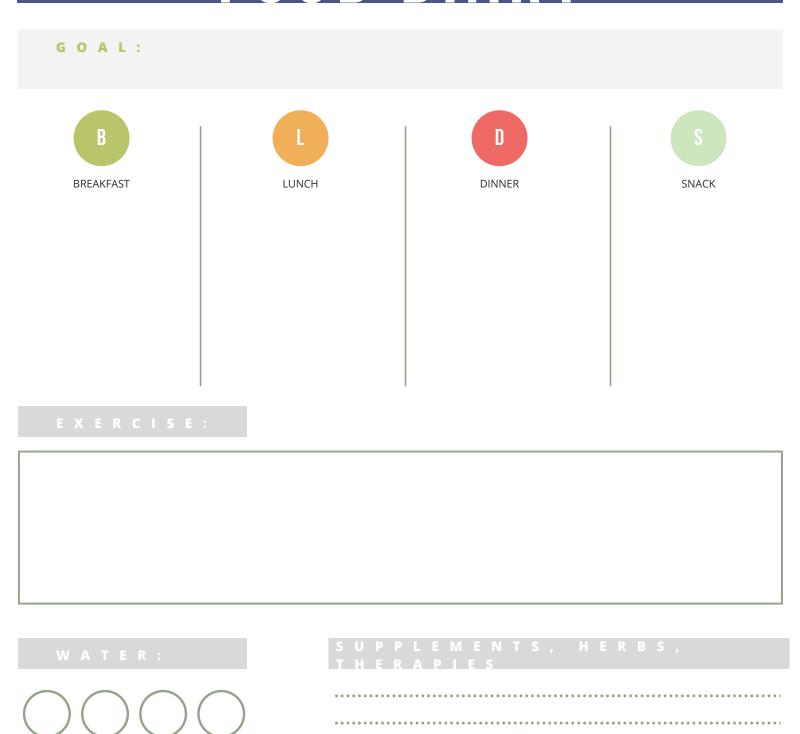
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

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



Day 6 - Month 2

Date:

S/M/T/W/T/F/S

		Set	inte	nti	ons
--	--	-----	------	-----	-----

- Journalling
- Meditation
- Nourishing Foods
- Went outside
- Moved My Body
- Mindful Eating
 Expressed Gratitude
 - Reflected on the day

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Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

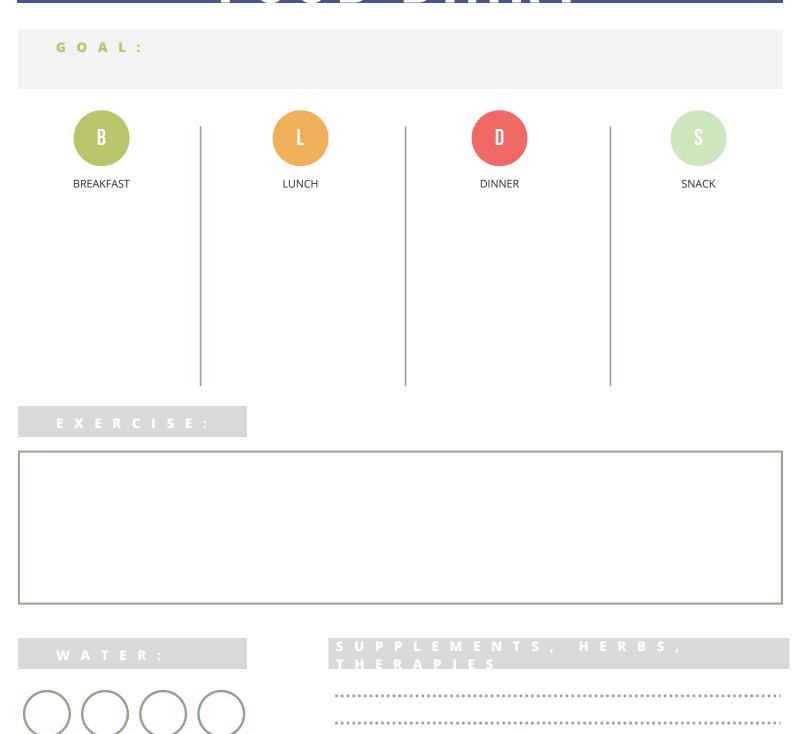
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I visualize the color pink surrounding me and bringing me love



Day 7 - Month 2

Date:

S/M/T/W/T/F/S

Set	inte	ntio	ns

- Journalling
- Meditation
- Nourishing Foods
- Went outside
- Moved My Body
- Mindful Eating
 Expressed Gratitude
 - Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

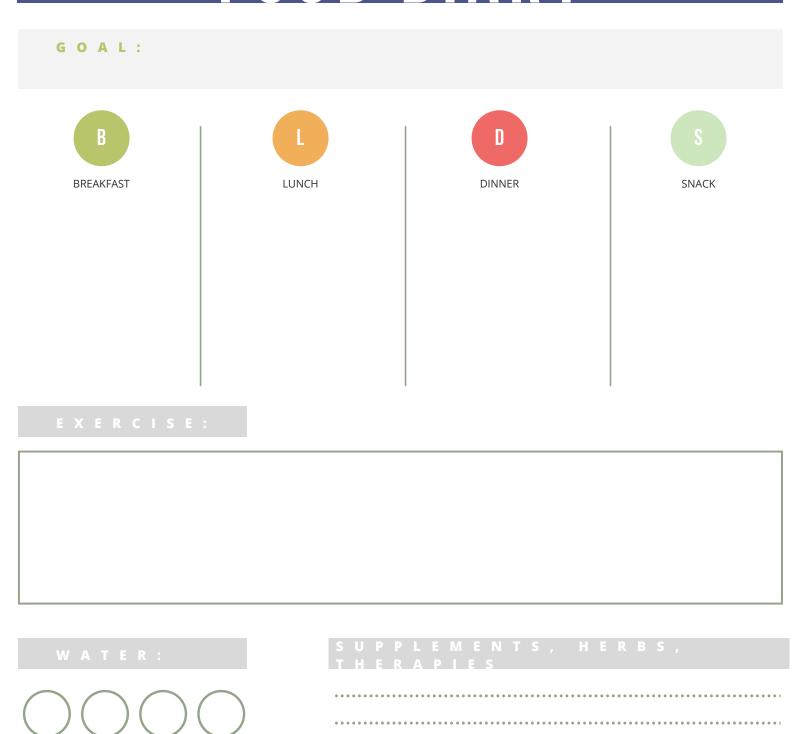
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I now access my spiritual abilities and intuitive perception



Day 8 - Month 2

Date:

S/M/T/W/T/F/S

Set	inte	ntions

- Journalling
- Meditation
- Nourishing Foods
- Mindful Eating
- Went outside
- Moved My Body
- Expressed Gratitude
- Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

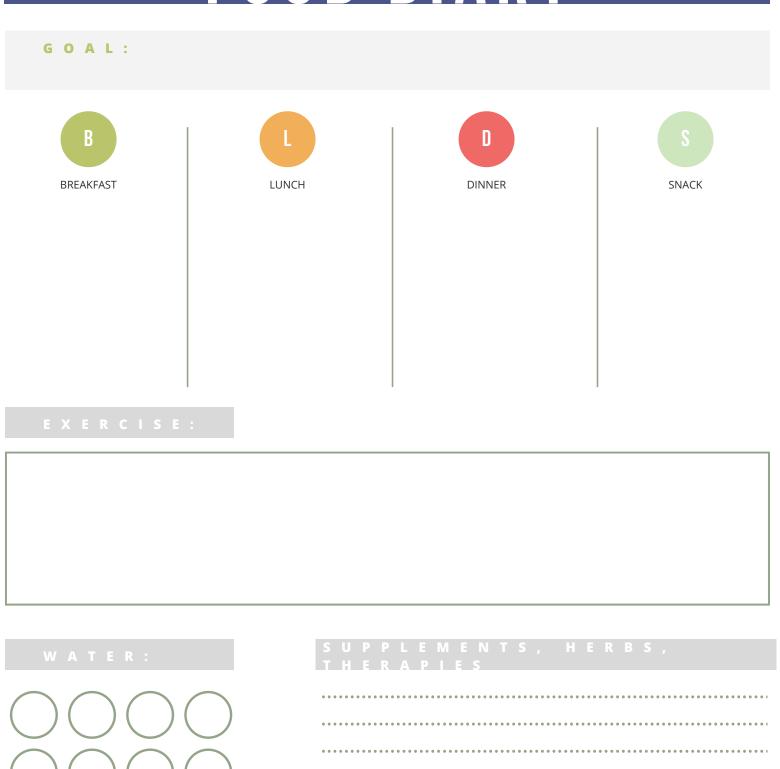
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

AFFIRMATION

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



Day 9 - Month 2

Date:

S/M/T/W/T/F/S

4	Set	inte	nti	ons
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- Journalling
- ns Nourishing Foods Moved My Body
- Mindful Eating Expressed Gratitude
- Meditation Went outside Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

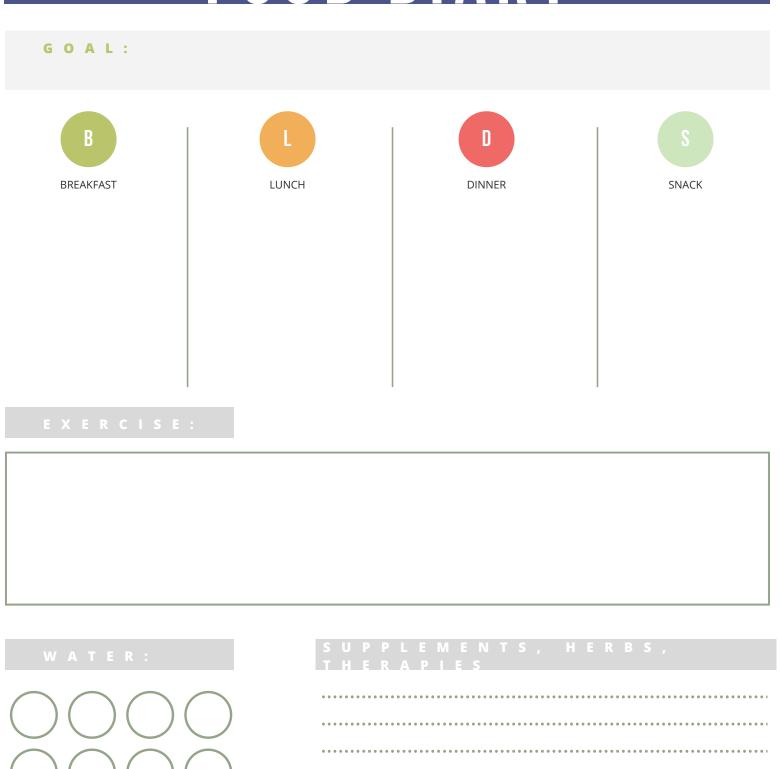
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I am safe and I am loved



Day 10 - Month 2 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

Set	intent	ion

- Journalling
- Meditation
- Nourishing Foods

- Moved My Body
- Mindful Eating Expressed Gratitude
 - Went outside Reflected on the day

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Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

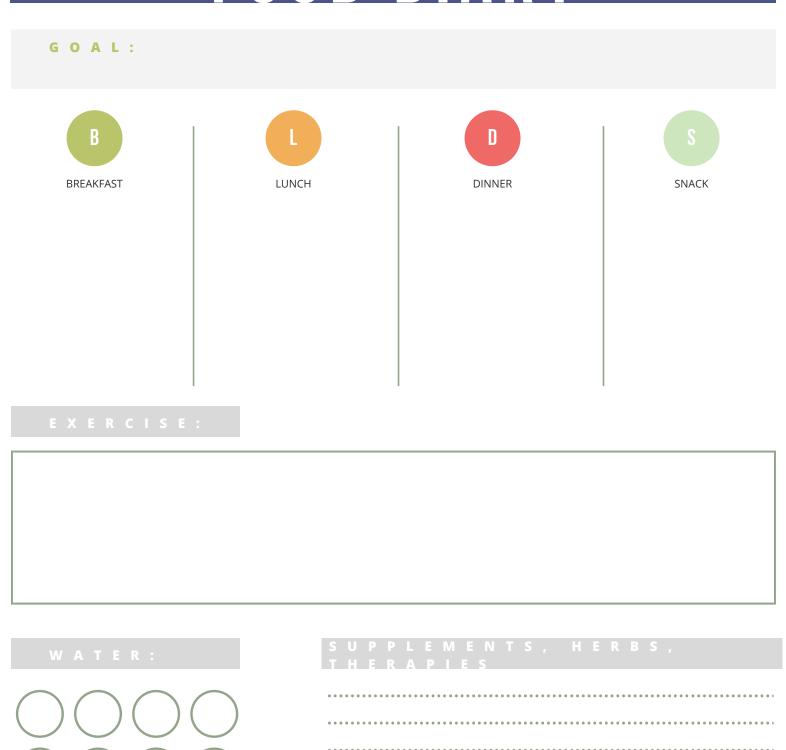
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I surrender to the healing forces of the universe



Day~11 - Month~2 $_{ m S/M/T/W/T/F/S}^{Date:}$

Date:

S	et ir	nten	tion
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- Journalling
- Meditation
- Nourishing Foods
- Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

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Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

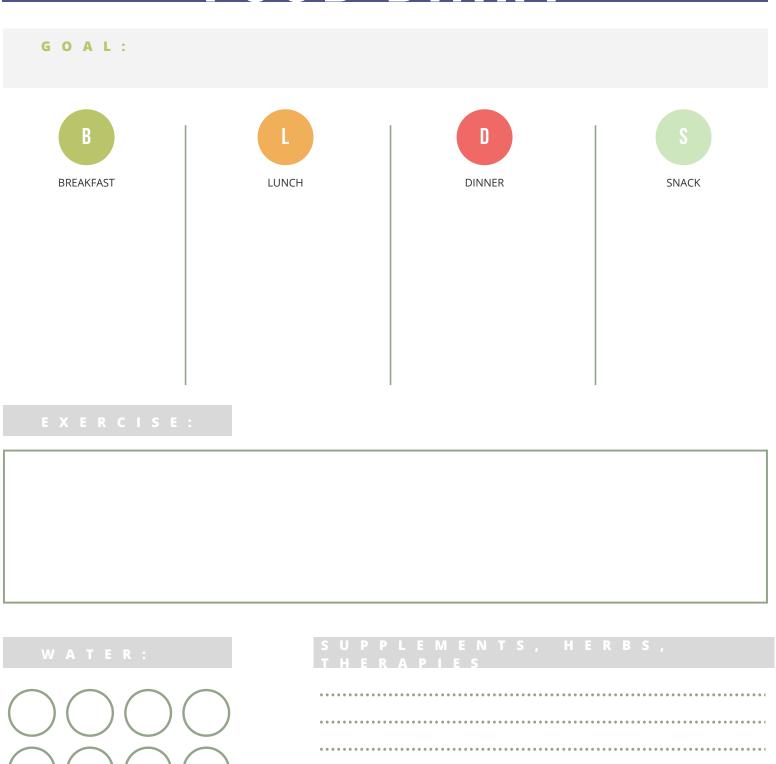
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

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



Day~12 - Month~2 S/M/T/W/T/F/S

Date:

Set intentions
Journalling

- Nourishing Foods Mindful Eating
- Moved My Body Expressed Gratitude

- Meditation
- Went outside
- Reflected on the day

MORNING INTENTIO	Ν		0
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Morning Thoughts Feelings & Intuitions How do you want to feel today? What do you want to accomplish today?

EVENING REFLECTIONS

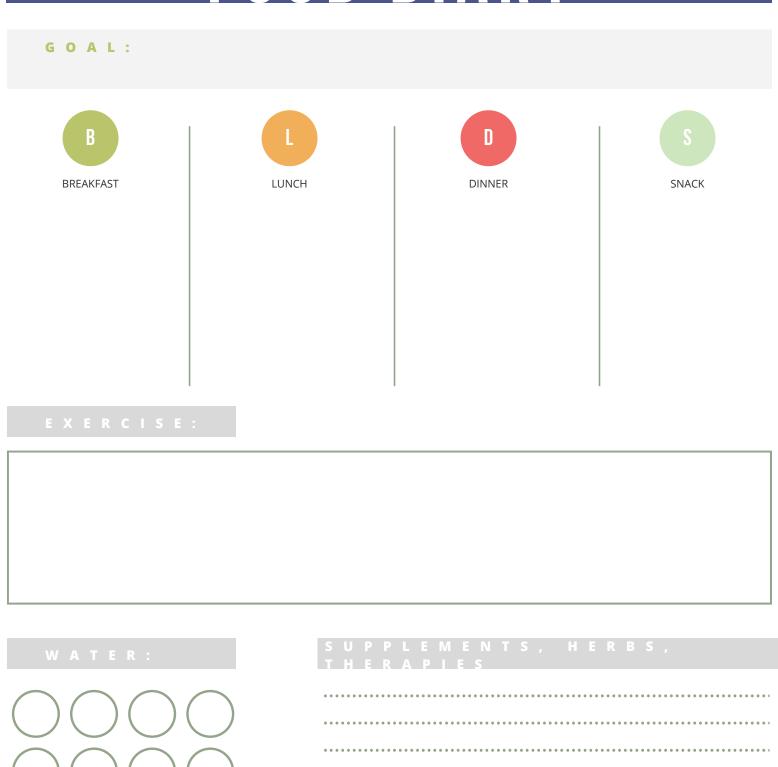
Evening Thoughts Feelings & Intuitions How did you feel today? What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I listen to my inner guidance



Day 13 - Month 2 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

Set	inte	nti	ons

- Journalling
- Meditation
- ns Nourishing Foods

 - Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

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Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

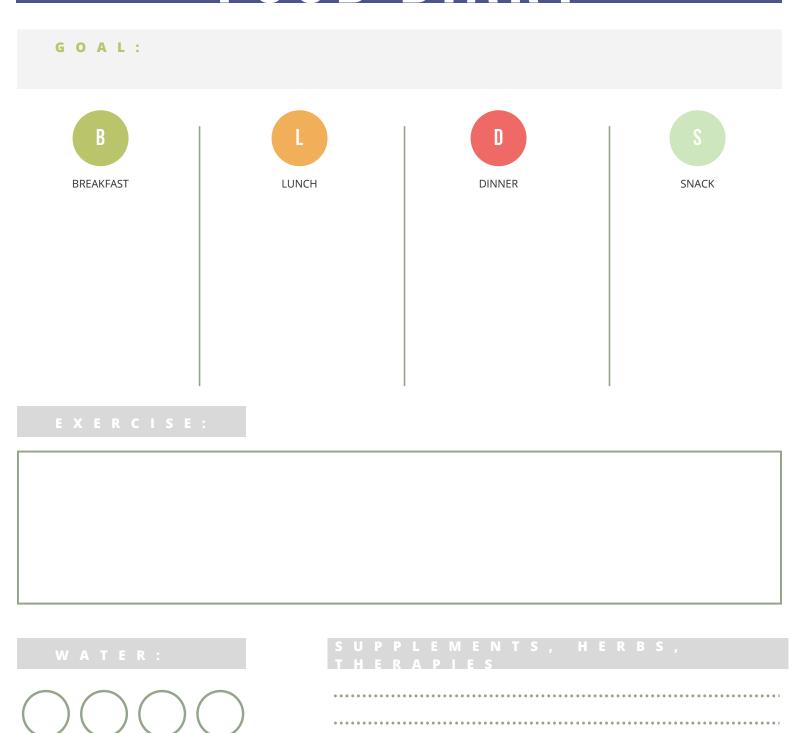
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

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



Day 14 - Month 2 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

- Journalling
- ns Nourishing Foods Moved My Body
- Mindful Eating Expressed Gratitude
- Meditation Went outside Reflected on the day

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Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

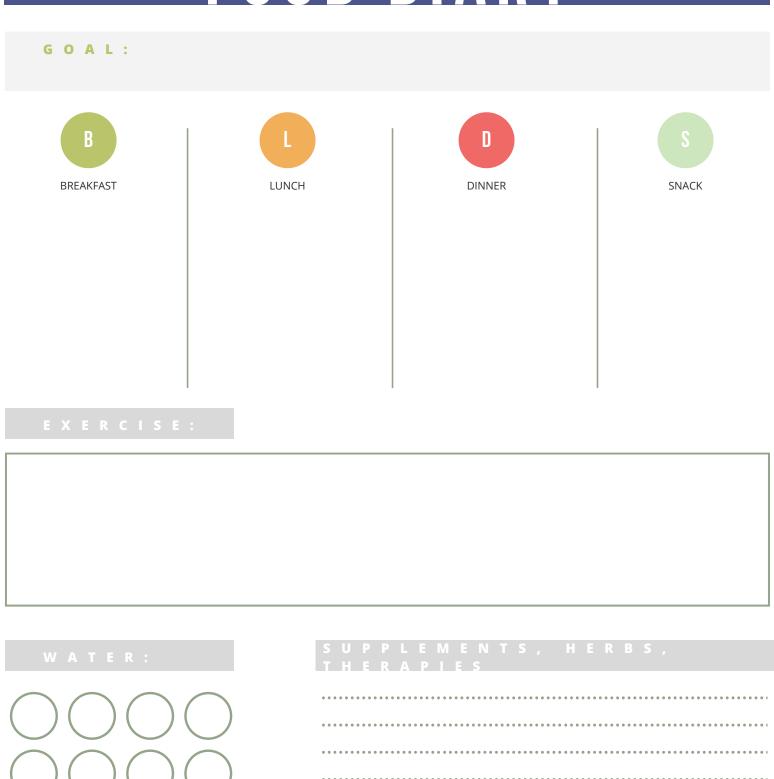
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I am listening to my body



Day 15 - Month 2 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

- Journalling
- ns Nourishing Foods
- Moved My Body
- Mindful Eating Expressed Gratitude
- Meditation Went outside Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

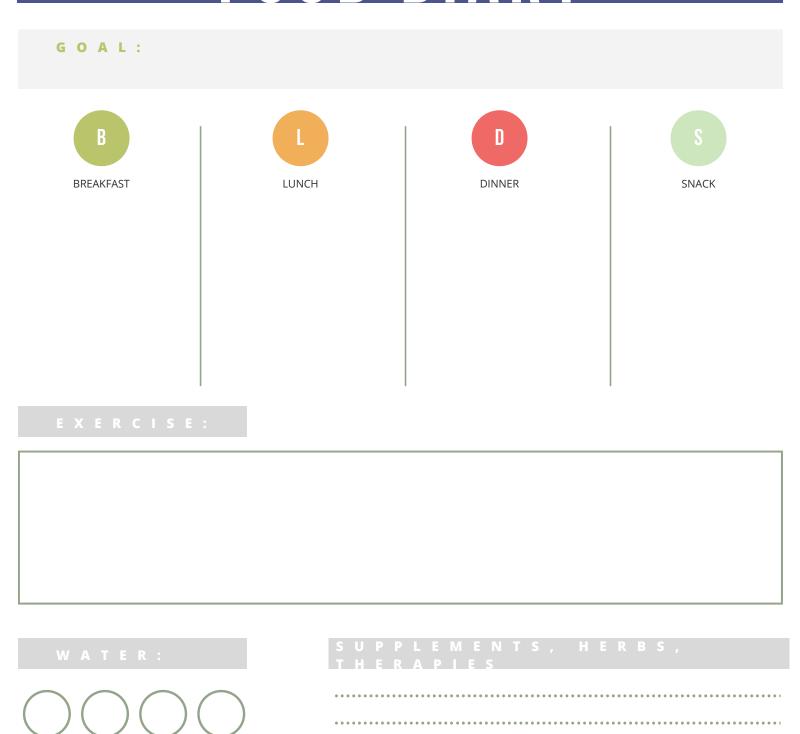
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I love life and all it has to offer



Day 16 - Month 2 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

4	Set	inte	ntio	n
	Jet	11116	11110	71 13

- Journalling
- Meditation
- Nourishing Foods
- Mindful Eating
 - Went outside
- Moved My Body
- Expressed Gratitude
- Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

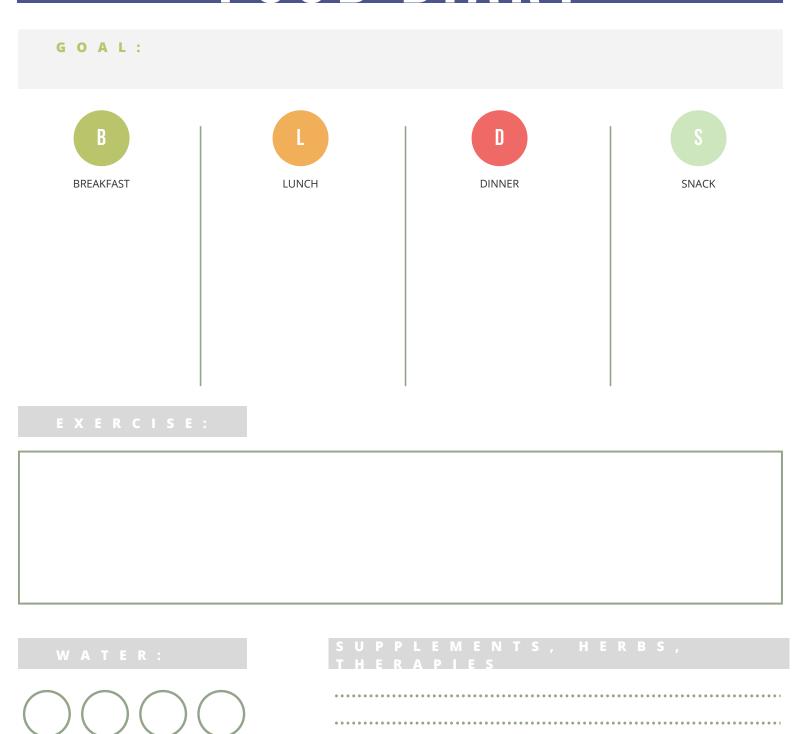
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

There is room in my life for a baby right now



Day 17 - Month 2 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

Set	inte	ntio	ons

- Journalling
- ns Nourishing Foods
- Meditation Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

М	\cap D	NI I	NI C	LN	TF	NI T	9

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

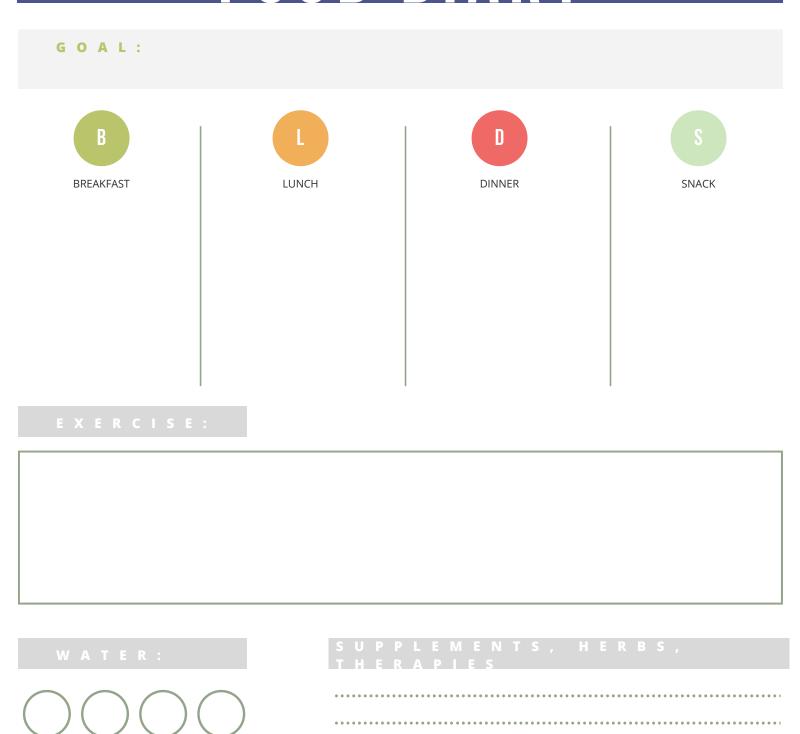
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I enjoy being in perfect health



Day 18 - Month 2 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

15

- Journalling
- ns Nourishing Foods Moved My Body
- Mindful Eating Expressed Gratitude
- Meditation Went outside Reflected on the day

М	\cap D	NI I	N C	LNIT	E NI -	$L L \cap N L S$

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

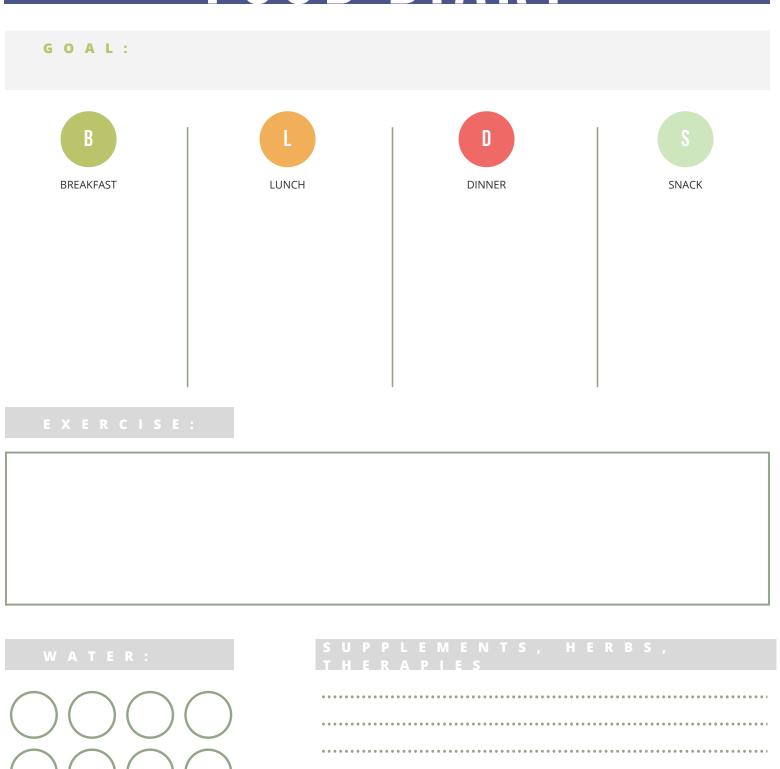
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

My fertility improves daily



Day 19 - Month 2 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

Set	intention

- ns Nourishing Foods

Moved My Body

- Journalling
- Mindful Eating Expressed Gratitude
- Meditation
- Went outside Reflected on the day

MORNING INTENTIO	N:	ς
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Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

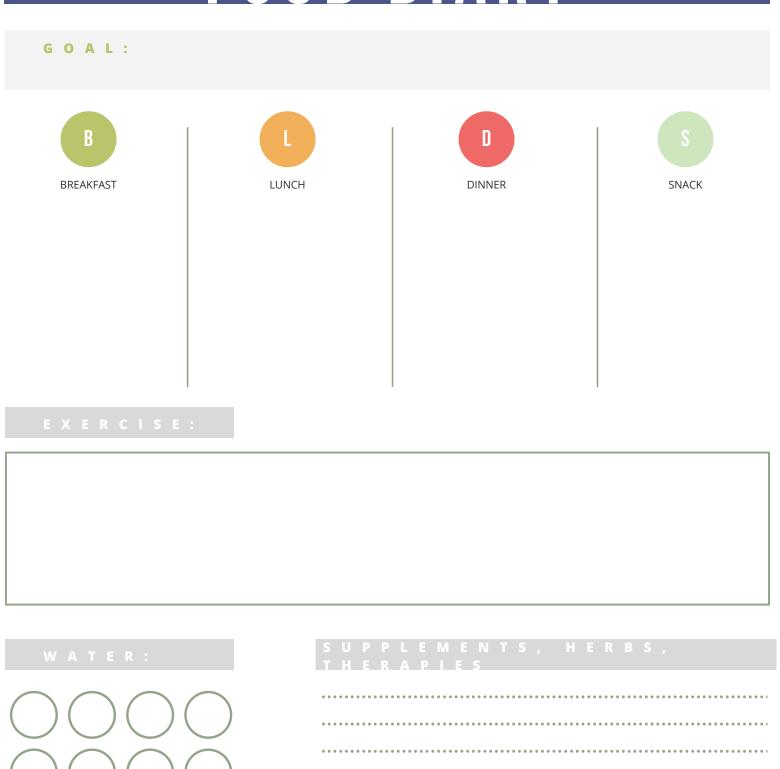
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I am in control of my health and fertility



Day~20 - Month~2 $_{ m S/M/T/W/T/F/S}^{Date:}$

Date:

- Journalling
- Nourishing Foods
 Moved My Body

- Mindful Eating Expressed Gratitude
- Meditation Went outside Reflected on the day

$M \cap F$	IN I IN C	GIN	TFN	TIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

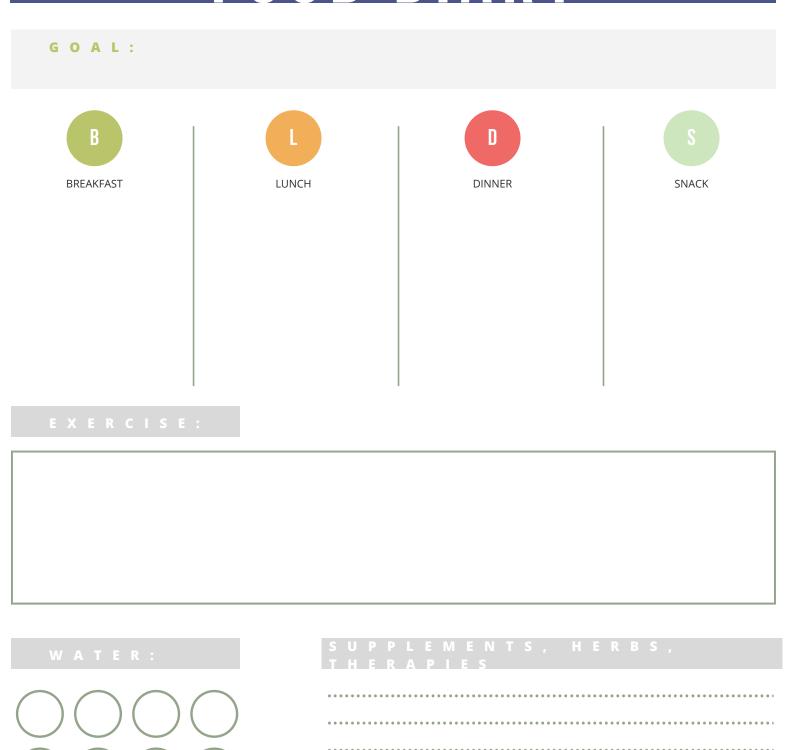
GRATITUDE JOURNAL

- 1.

3.

AFFIRMATION

Achieving a healthy pregnancy is easy



$Day\ 21$ - $Month\ 2$ $^{Date:}_{S/M/T/W/T/F/S}$

Date:

- ons Nourishing Foods Moved My Body
 - Mindful Eating Expressed Gratitude
- Journalling
- on Went outside Reflected on the day

Meditation

MORNING INTENTIONS Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

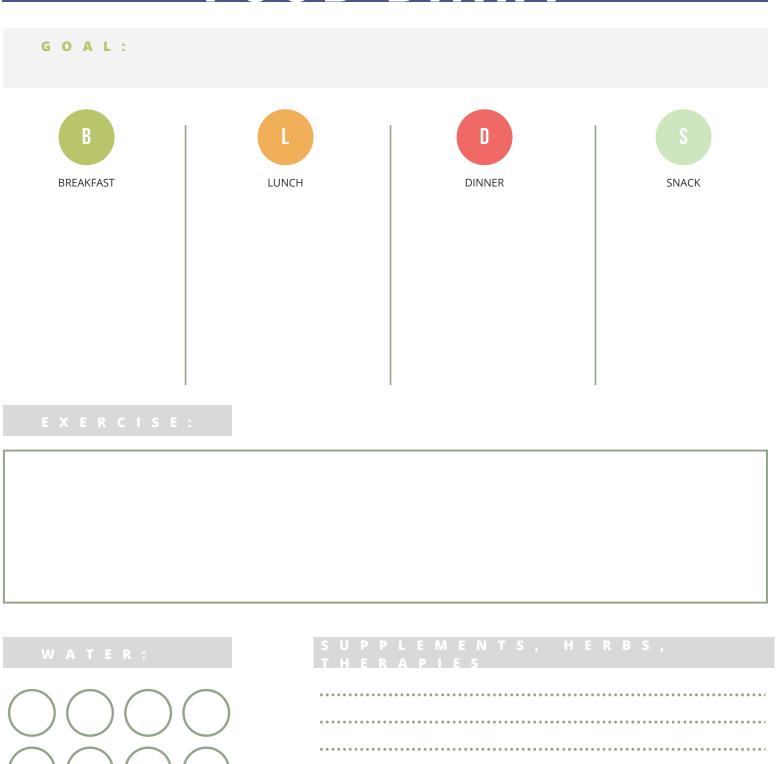
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I am confident I can nurture my baby



Day~22 - Month~2 $^{Date:}_{S/M/T/W/T/F/S}$

Date:

Set	inte	nti	on	

- Journalling
- ns Nourishing Foods Moved My Body
- Mindful Eating Expressed Gratitude
- Meditation Went outside Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

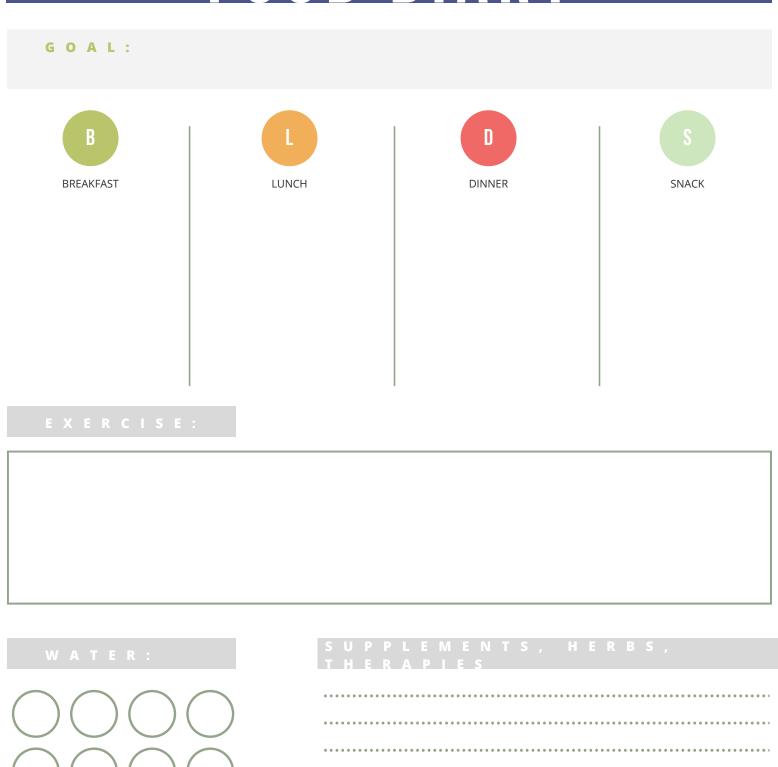
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

My confidence grows daily



Day~23 - Month~2 $^{Date:}_{S/M/T/W/T/F/S}$

Date:

Set i	intentions
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- Journalling
- ns Nourishing Foods Moved My Body
- Mindful Eating Expressed Gratitude
- Meditation Went outside Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

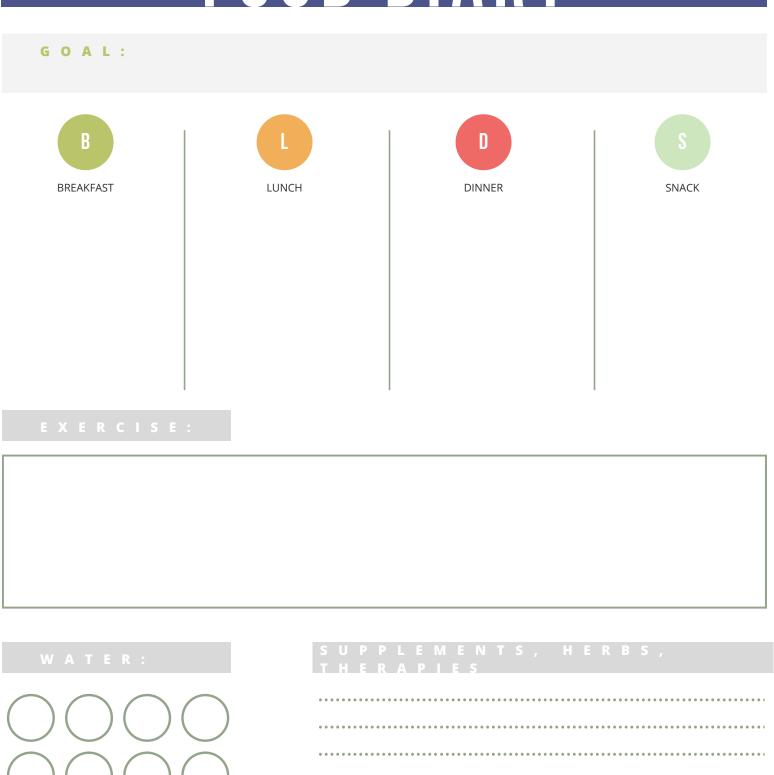
GRATITUDE JOURNAL

- 1.

3.

AFFIRMATION

I know my fertility signs



Day 24 - Month 2 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

Set inte	entions
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- Journalling
- ns Nourishing Foods Moved My Body
- Mindful Eating Expressed Gratitude
- Meditation Went outside Reflected on the day

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Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

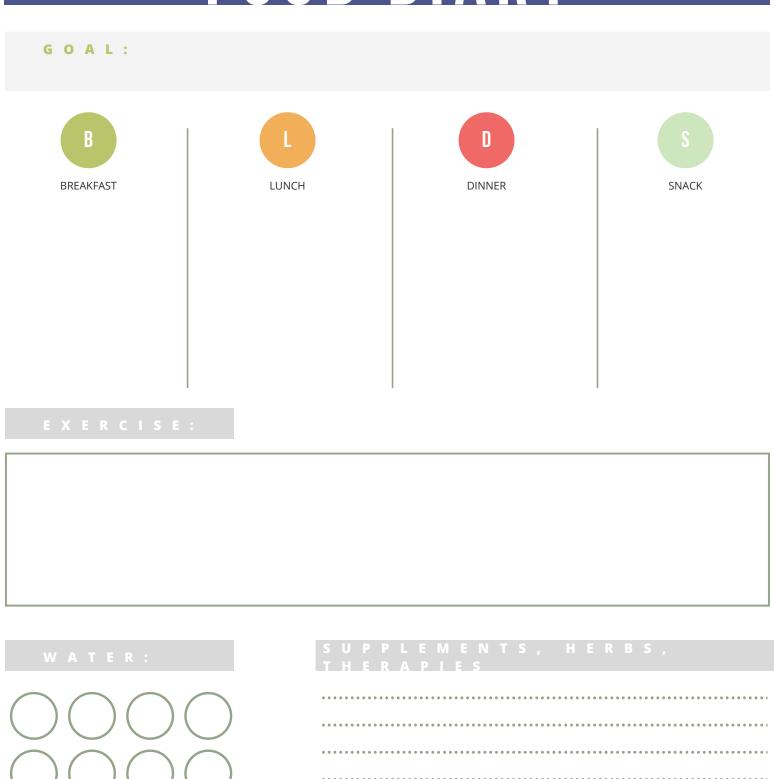
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I allow new beginnings into my life



Day~25 - Month~2 S/M/T/W/T/F/S

Date:

4	Set	inte	ntic	n
	Jet	HILL	11110	1113

- Journalling
- Nourishing Foods
- Meditation Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

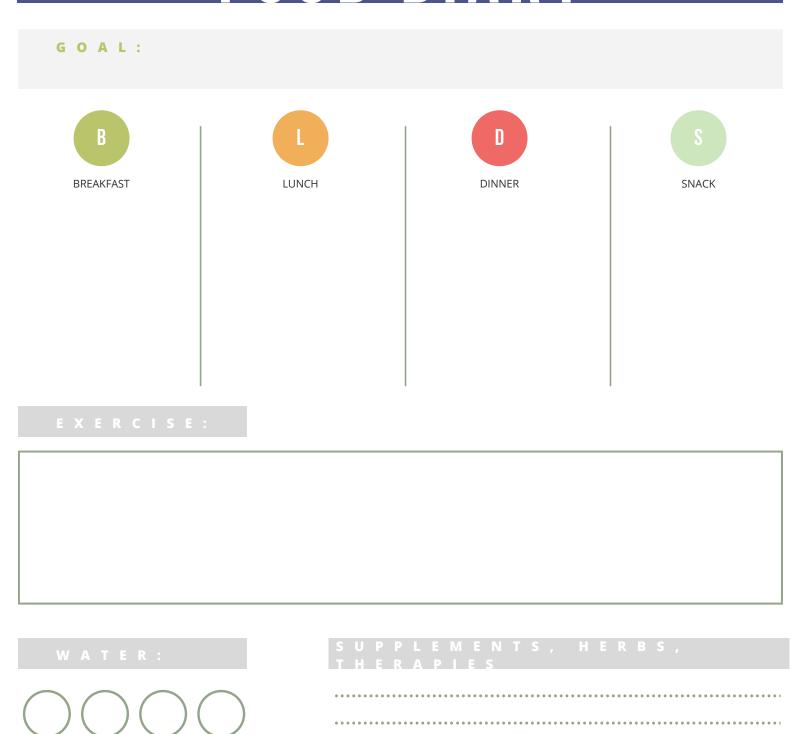
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

My body functions correctly and on schedule



$Day\ 26$ - $Month\ 2$ $^{Date:}_{S/M/T/W/T/F/S}$

Date:

		Set	inte	ntic	n
--	--	-----	------	------	---

- Journalling
- Meditation
- Nourishing Foods
- - Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

М	\cap D	NI I	NI C	LN	TF	NI T	9

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

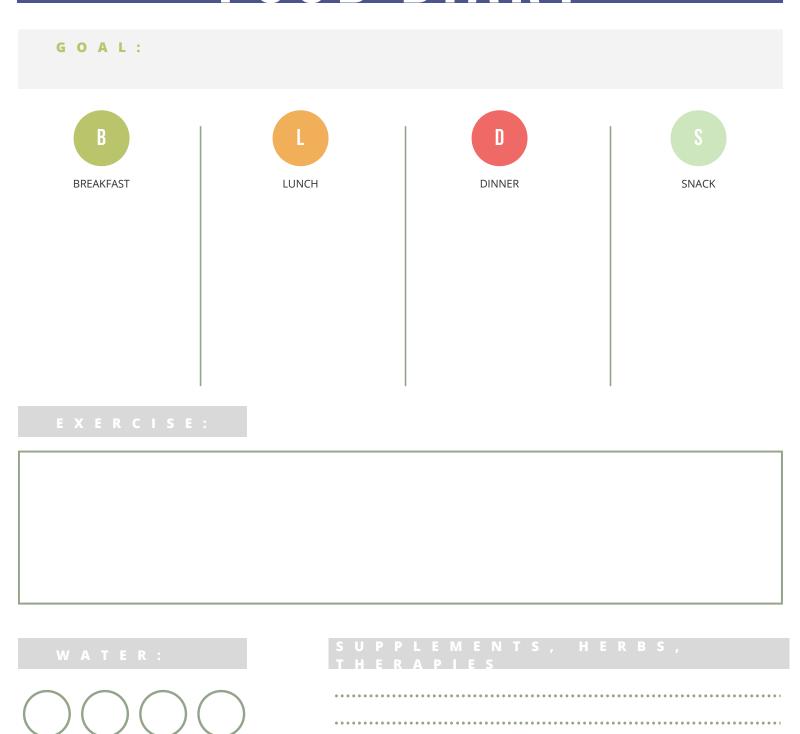
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

Create Your Own Affirmation Here



Day~27 - Month~2 $^{Date:}_{S/M/T/W/T/F/S}$

Date:

- Journalling
- ns Nourishing Foods Moved My Body
- Mindful Eating Expressed Gratitude
- Meditation Went outside Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

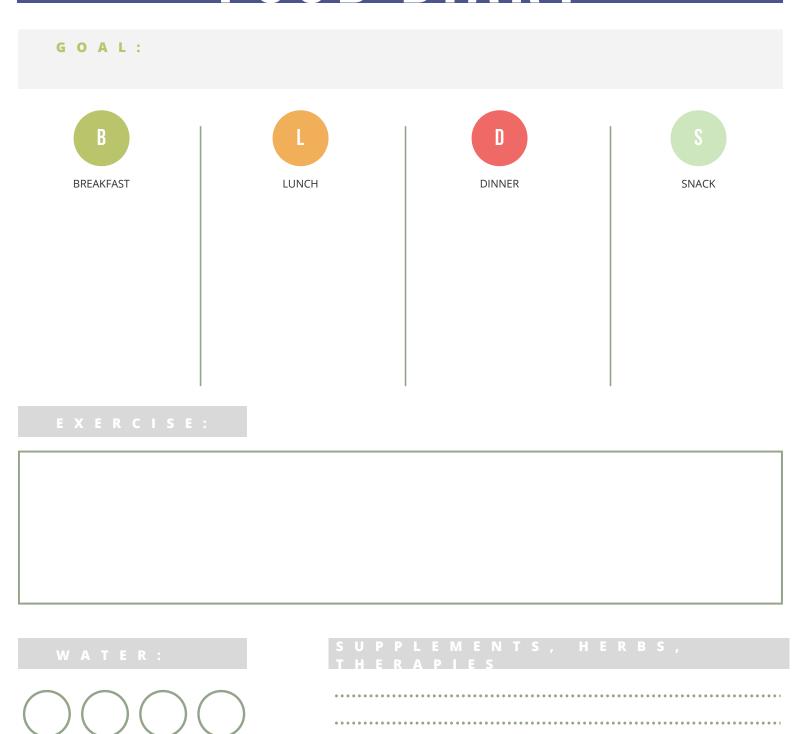
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

Create Your Own Affirmation Here



Day~28 - Month~2 $^{Date:}_{S/M/T/W/T/F/S}$

Date:

Set intentionsJournallingMeditation	Nourishing IMindful EatiWent outsid	ng	Moved My BodyExpressed GratitudeReflected on the day
MORNING INTEN	TIONS	EVEN	ING REFLECTIONS
Morning Thoughts Feelings & Intui	tions	Evening Thoug	ghts Feelings & Intuitions
How do you want to feel today?		How did you fe	eel today?

What do you	want to	accomplish	today?

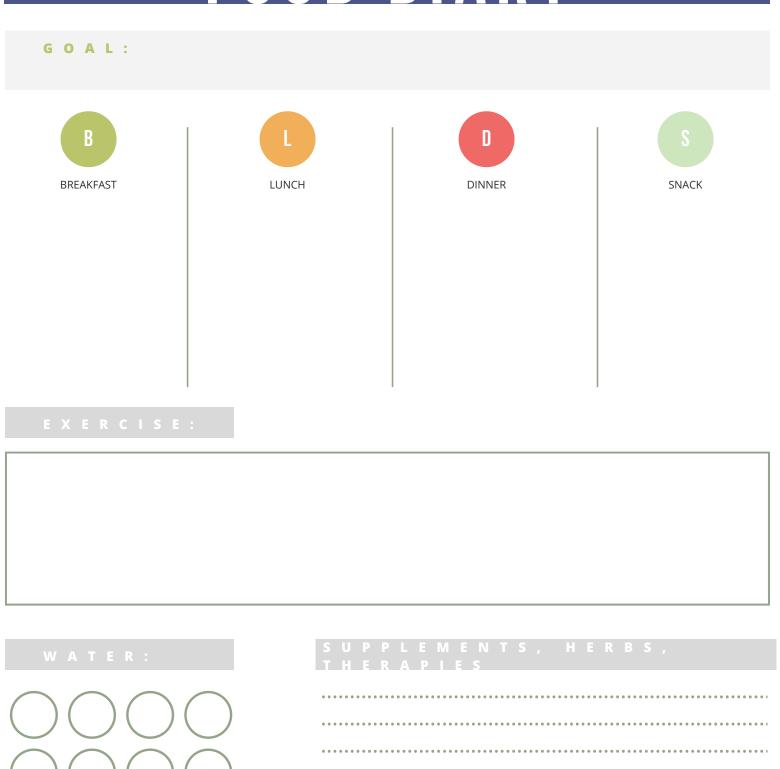
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

Create Your Own Affirmation Here



Day~29 - Month~2 S/M/T/W/T/F/S

Date:

- Journalling
- ns Nourishing Foods Moved My Body
- Mindful Eating Expressed Gratitude
- Meditation Went outside Reflected on the day

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Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

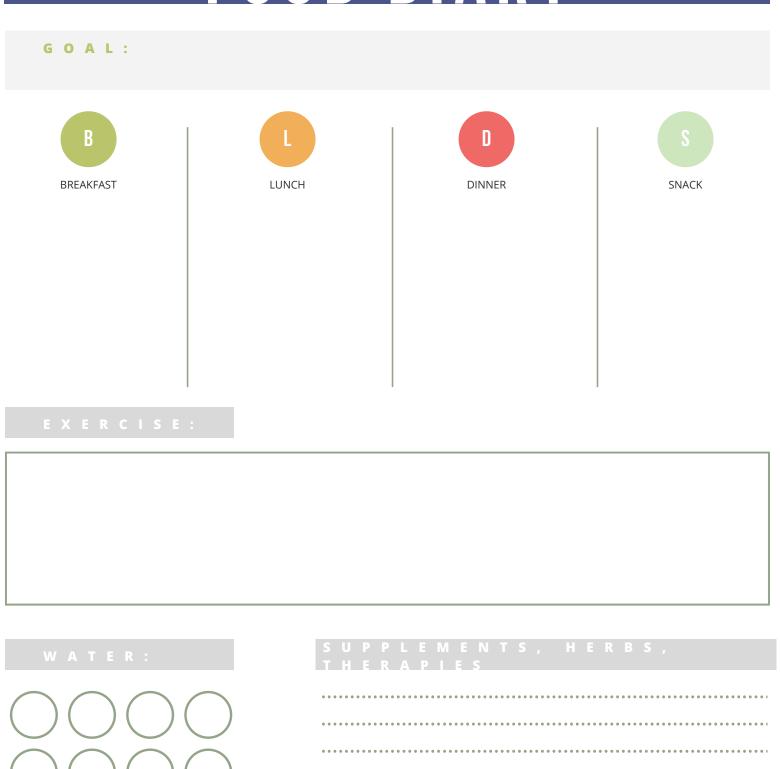
GRATITUDE JOURNAL

- 1.

3.

AFFIRMATION

Create Your Own Affirmation Here



Day~30 - Month~2 Bate: S/M/T/W/T/F/S

Date:

- Journalling
- ns Nourishing Foods Moved My Body
- Mindful Eating Expressed Gratitude
- Meditation Went outside Reflected on the day

M	\bigcirc	\Box	N	N	G	N	Т	F	N	ΙT	\bigcirc	N	J	<

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

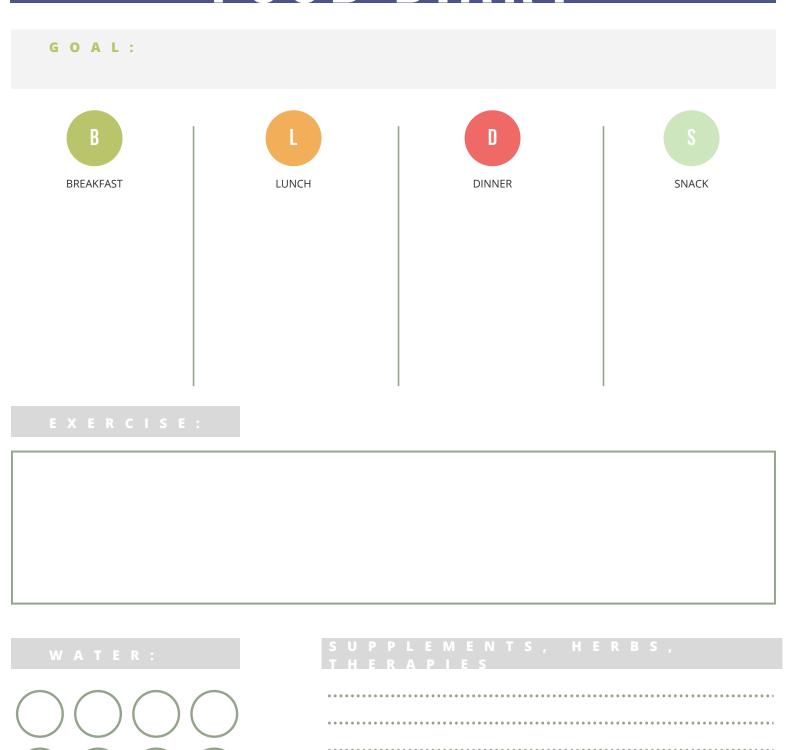
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

Create Your Own Affirmation Here



$Day\ 31$ - $Month\ 2$ S/M/T/W/T/F/S

Date:

- Journalling
- ns Nourishing Foods Moved My Body
- Mindful Eating Expressed Gratitude
- Meditation Went outside Reflected on the day

M	OP	NI I	NG	INT	FN.	$T I \cap N S$

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

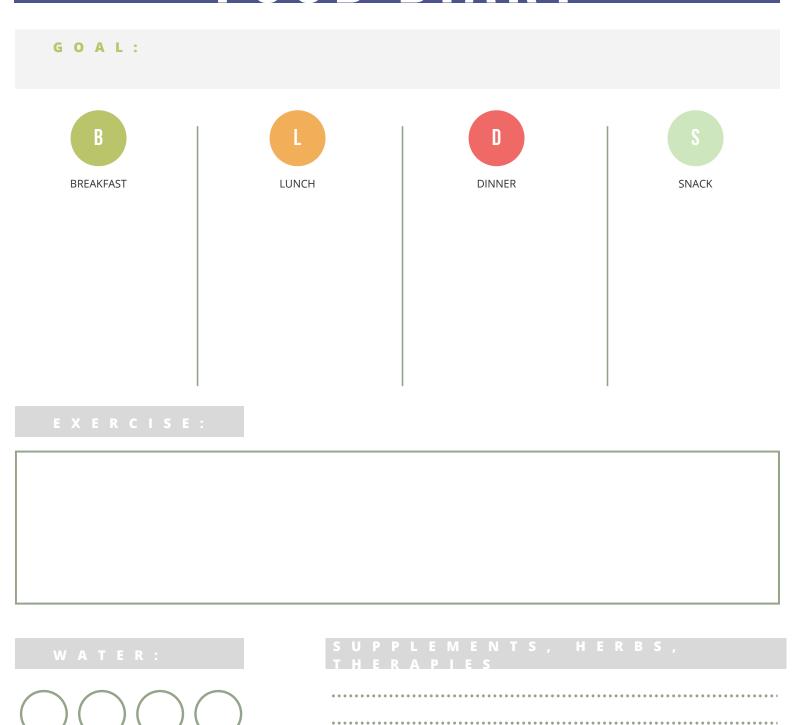
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

Create Your Own Affirmation Here



Day 1 - Month 3

Date:

S/M/T/W/T/F/S

Set intentions
Journalling

Nourishing	Foods

Moved My Body

Journa	IIIng

Mindful Eating

Expressed Gratitude

Meditation

Went outside

Reflected on the day

	MORNING INTENTIONS
Mor	ning Thoughts Feelings & Intuitions
How	v do you want to feel today?
Wha	at do you want to accomplish today?

EVENING REFLECTIONS
Evening Thoughts Feelings & Intuitions
How did you feel today?
What did you accomplish today?

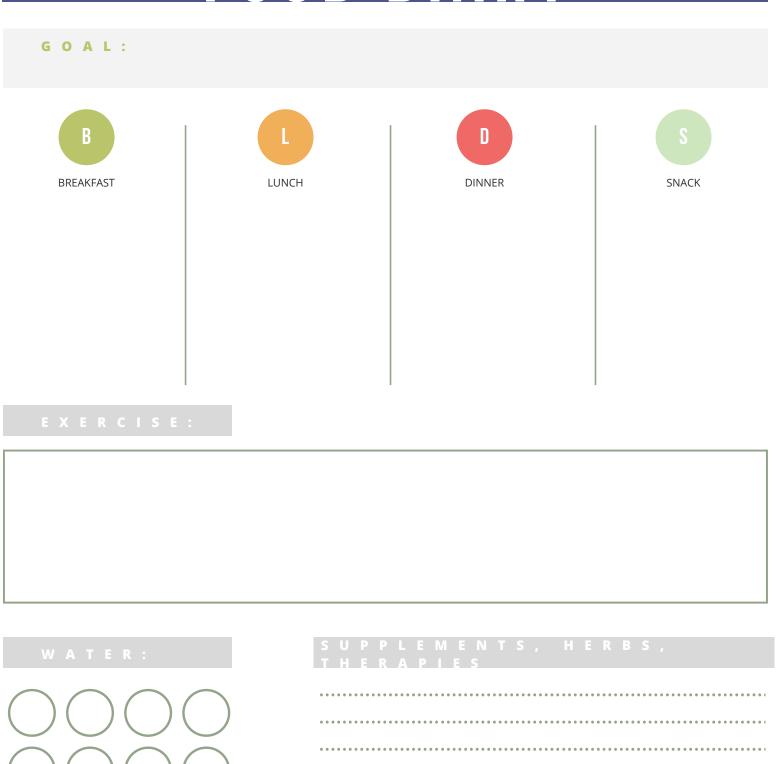
G	R	А	Τ	Τ	U	D	Ε	J	\circ	\bigcup	R	Ν	Α	L	

AFFIRMATION

1.

3.

I am a loving parent to myself

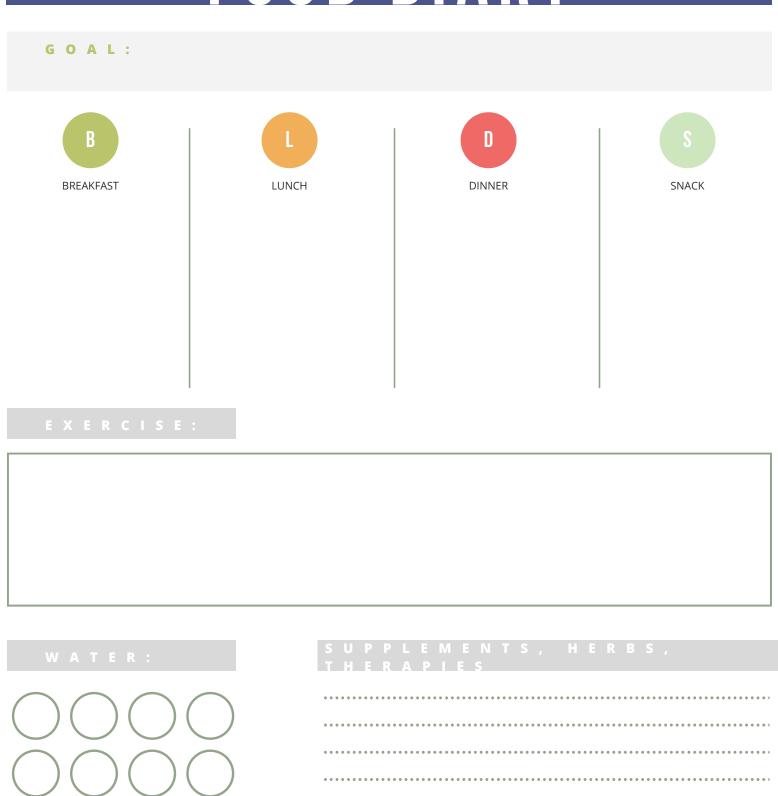


Day 2 - Month 3

Date:

S/M/T/W/T/F/S

Set intentions	Nourishing	Foods	Moved My Body
Journalling	Mindful Eat	ing	Expressed Gratitude
Meditation	Went outsid	de	Reflected on the day
MORNING INTEN	TIONS	EVENI	NG REFLECTIONS
Morning Thoughts Feelings & Intuit	tions	Evening Though	nts Feelings & Intuitions
How do you want to feel today?		How did you fee	el today?
What do you want to accomplish t	oday?	What did you ac	ccomplish today?
GRATITUDE JOUI	RNAL	A F	FIRMATION
1.			about my age and know that get pregnant when I'm ready
2.			
3.			



Day 3 - Month 3

Date:

S/M/T/W/T/F/S

4	Set	inte	ntio	ns

- Journalling
- Meditation
- Nourishing Foods
- Went outside
- Moved My Body
- Mindful Eating
 Expressed Gratitude
 - Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

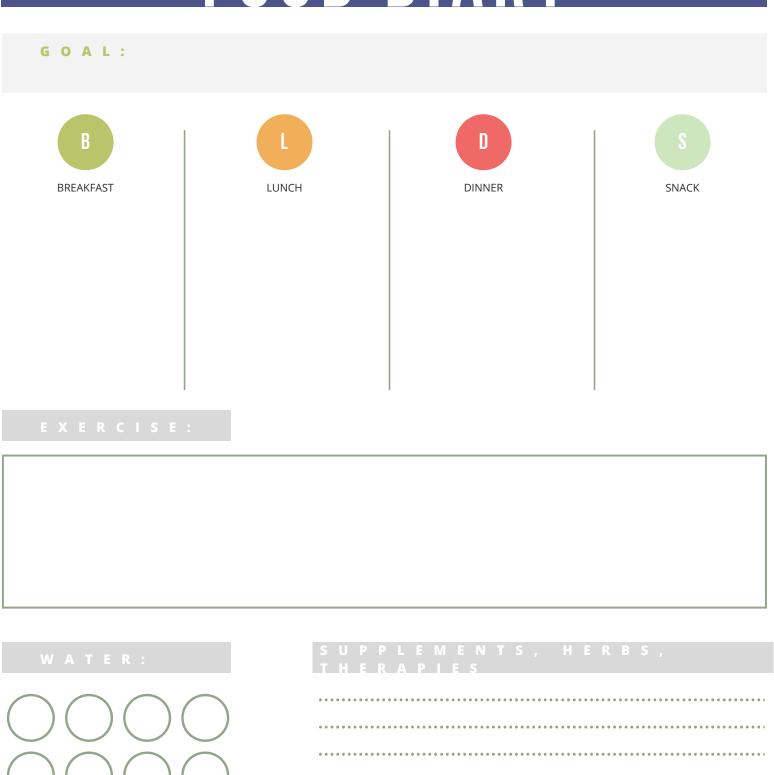
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

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



Day 4 - Month 3

Date:

S/M/T/W/T/F/S

- Journalling
- Meditation
- Nourishing Foods
- Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

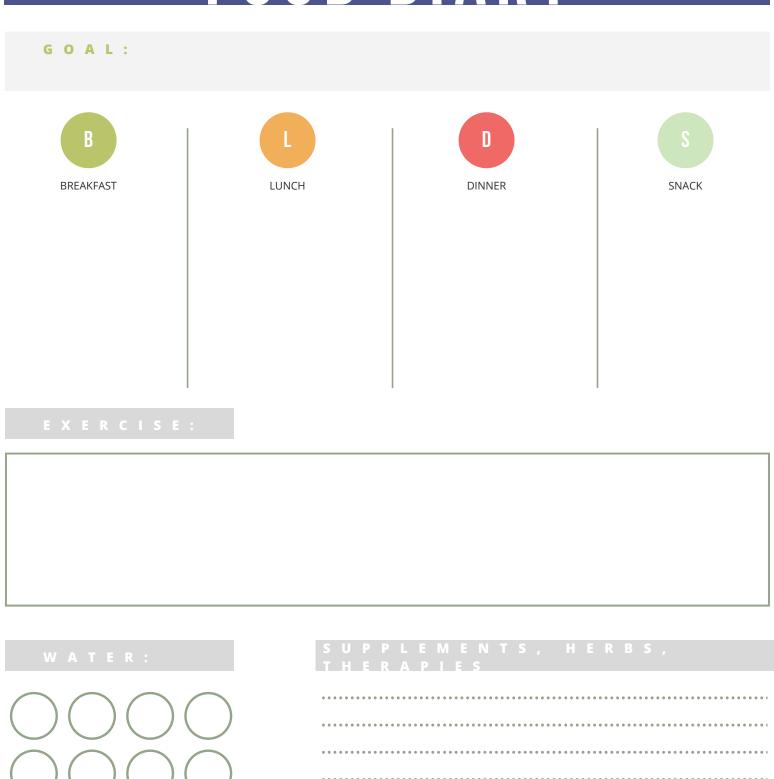
GRATITUDE JOURNAL

- 1.

3.

AFFIRMATION

I am confident in my ability to be a mother



Day 5 - Month 3

Date:

S/M/T/W/T/F/S

Set intentions

- Journalling
- Meditation
- Nourishing Foods
- Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

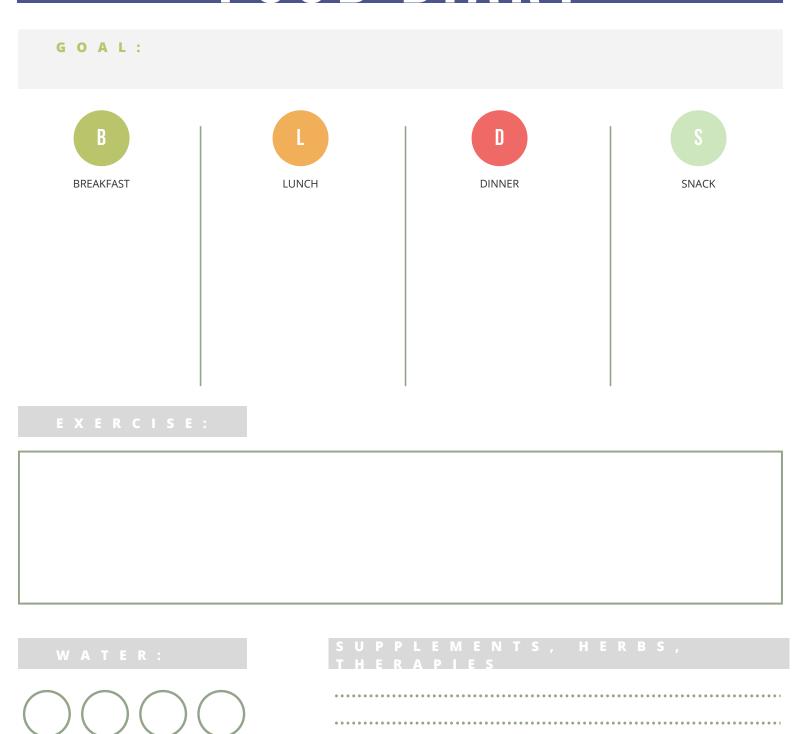
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I am fertile



Day 6 - Month 3

Date:

S/M/T/W/T/F/S

Set	intentions
-----	------------

- Journalling
- Meditation
- Nourishing Foods
- Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

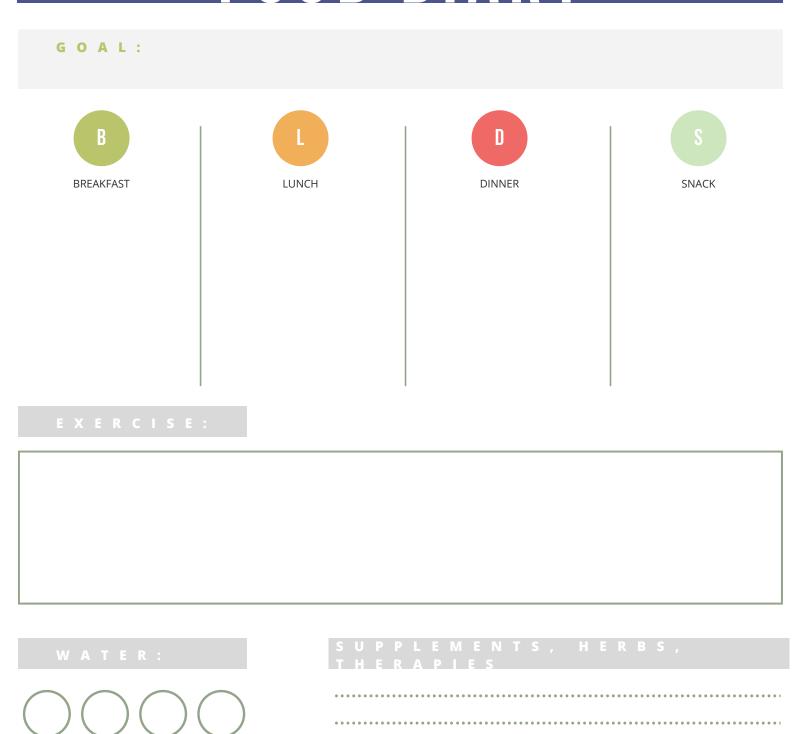
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

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



Day 7 - Month 3

Date:

S/M/T/W/T/F/S

Set intentions
Journalling

- Nourishing Foods Mindful Eating
- Moved My Body **Expressed Gratitude**

- Meditation
- Went outside
- Reflected on the day

MORNING INTENTIONS
Morning Thoughts Feelings & Intuitions
How do you want to feel today?

What do you want to accomplish today?

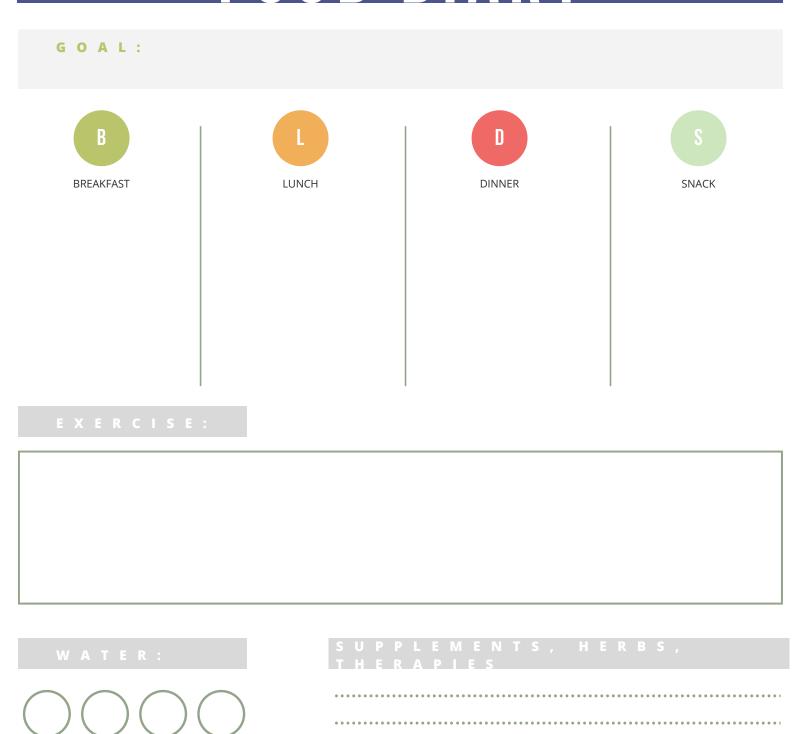
EVENING REFLECTIONS
Evening Thoughts Feelings & Intuitions
How did you feel today?
What did you accomplish today?

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- 1.
- 3.

AFFIRMATION

I am hydrated and healthy



Day 8 - Month 3

Date:

S/M/T/W/T/F/S

Set	inte	ntio	ns

- Journalling
- Meditation
- Nourishing Foods
- Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

$M \cap P$	N I N	G IN	TFN	TIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

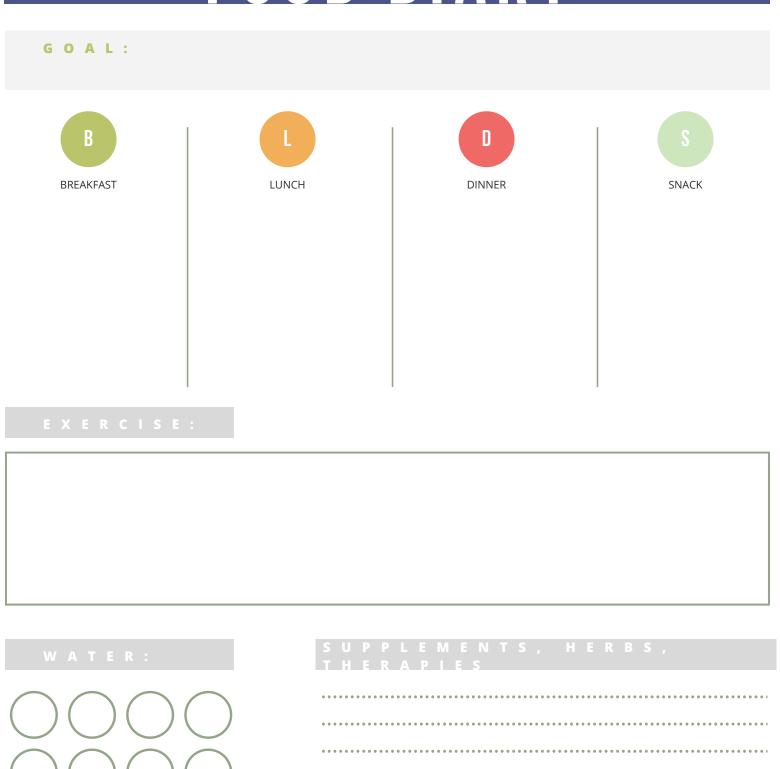
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I choose healthy foods that support my health and wellbeing



Day 9 - Month 3

Date:

S/M/T/W/T/F/S

		Set	inte	nti	ons
--	--	-----	------	-----	-----

- Journalling
- Meditation
- Nourishing Foods
- - Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

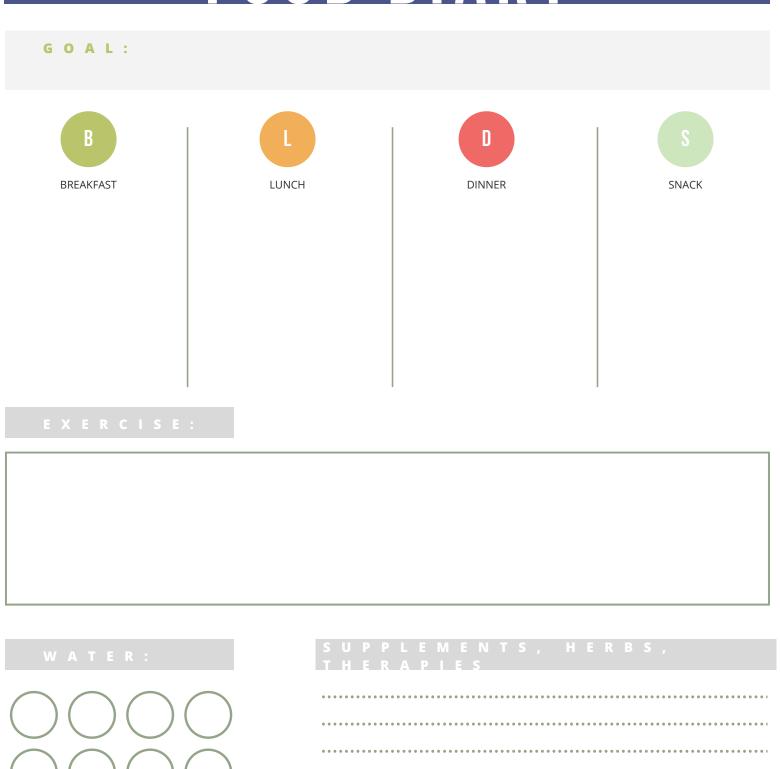
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I am educated about a healthy preconception lifestyle



Day 10 - Month 3 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

4	Set	inten	tions
	\mathcal{I}	1116611	CIOII

- Journalling
- ns Nourishing Foods
- Meditation Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

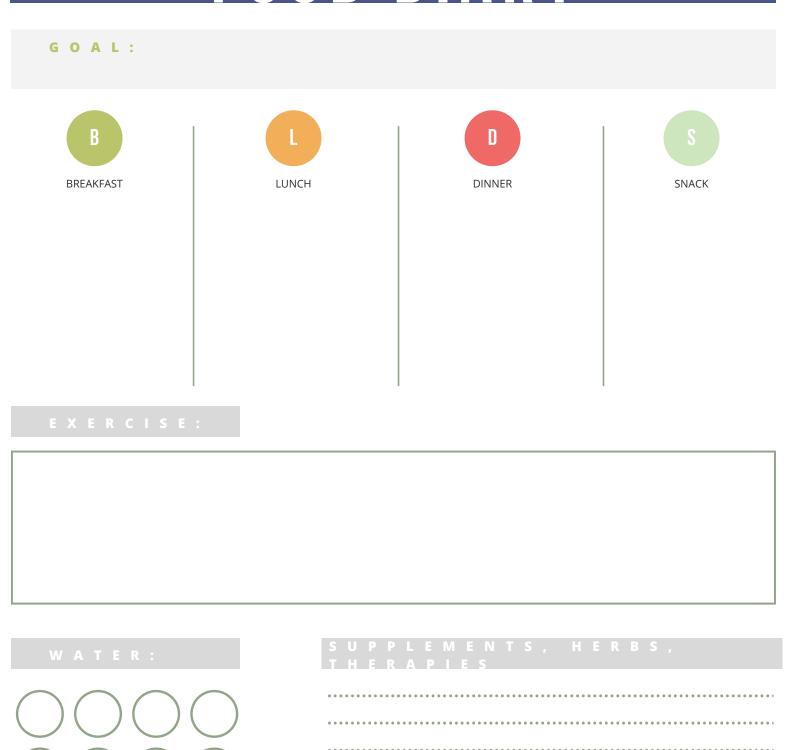
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I welcome my time to become a mother



Day 11 - Month 3 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

- Journalling
- ns Nourishing Foods Moved My Body
- Mindful Eating Expressed Gratitude
- Meditation Went outside Reflected on the day

М	\cap \mathbb{P}	N.	LN	G	LN	ΤF	N	ТΙ	\cap	VI.	5

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

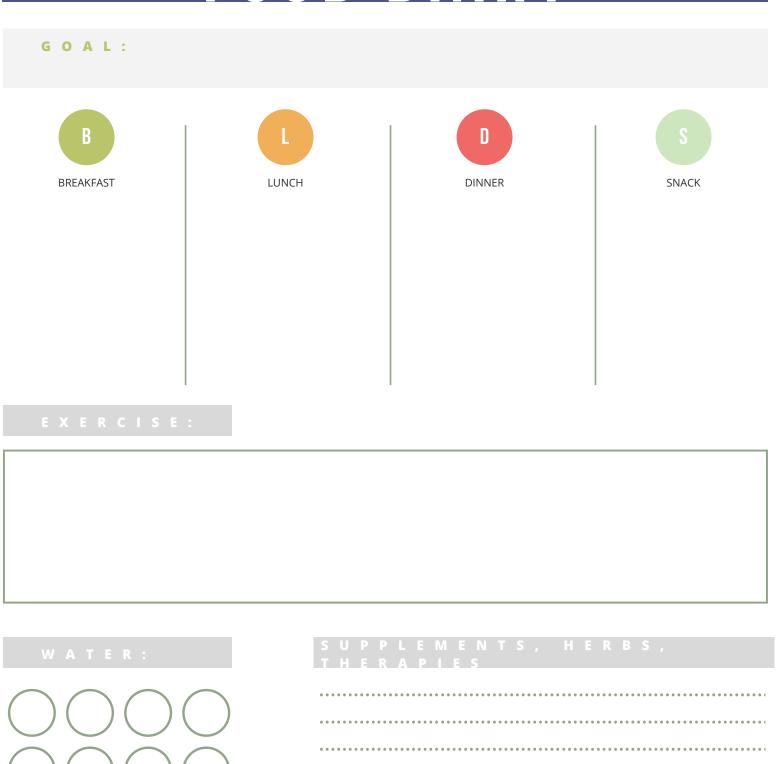
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I am safe and I am loved



Day 12 - Month 3 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

Set intentions

- Journalling
- ons Nourishing Foods Moved My Body
- Meditation Went outside
- Mindful Eating Expressed Gratitude
 - Reflected on the day

$M \cap P$	NIIN	G INT	FNT	$I \cap N \subseteq$

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

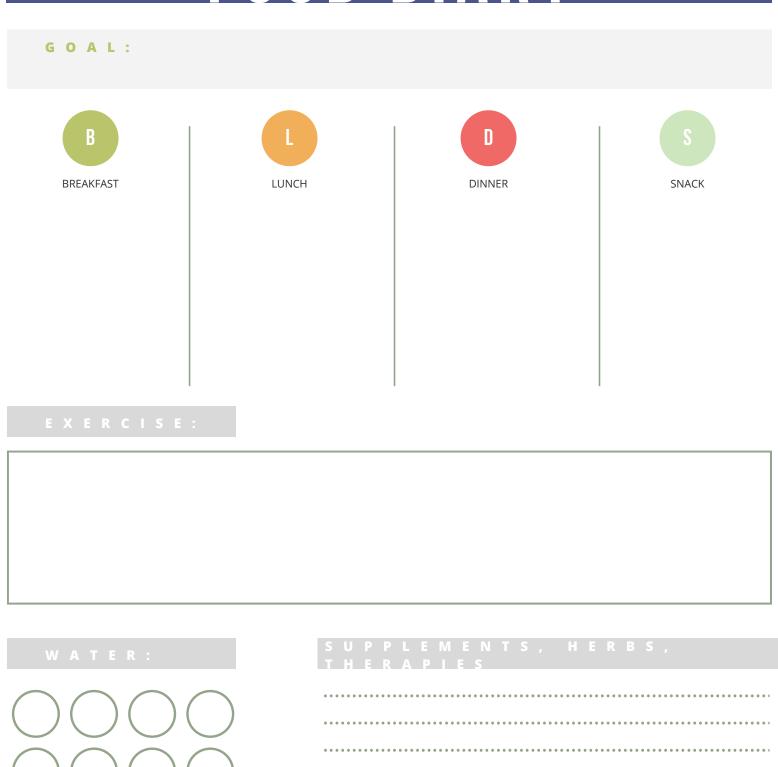
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

My hormones are in balance



Day 13 - Month 3 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

		Set	inte	nti	on	9
--	--	-----	------	-----	----	---

- Journalling
- Meditation
- Nourishing Foods
- - Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

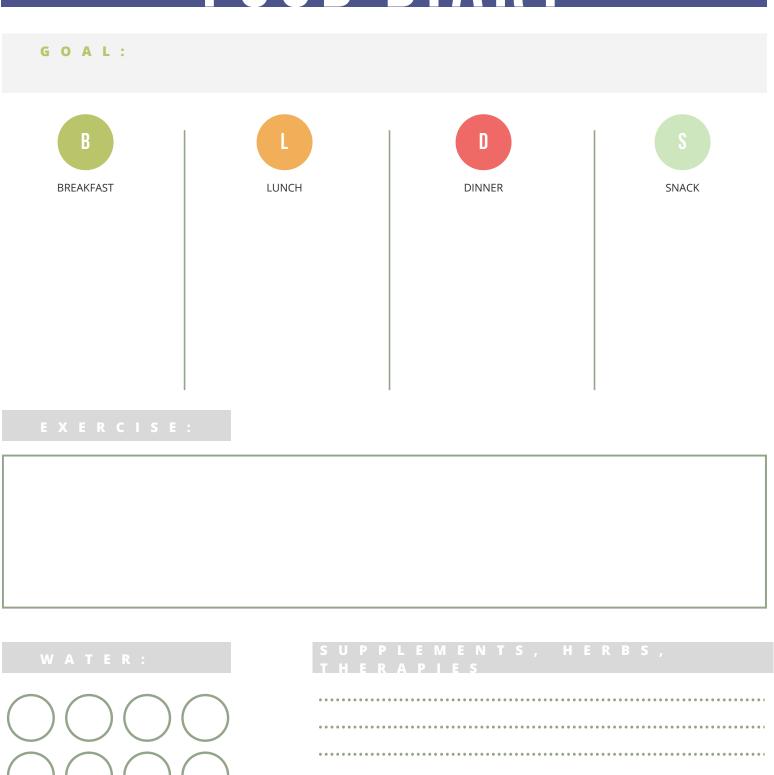
GRATITUDE JOURNAL

- 1.

3.

AFFIRMATION

I have all that I need to be a loving mother



Day 14 - Month 3 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

Set	inte	nti	ons

- Journalling
- Meditation
- ns Nourishing Foods
- Mindful Eating
 - Went outside
- Moved My Body
- Expressed Gratitude
- Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

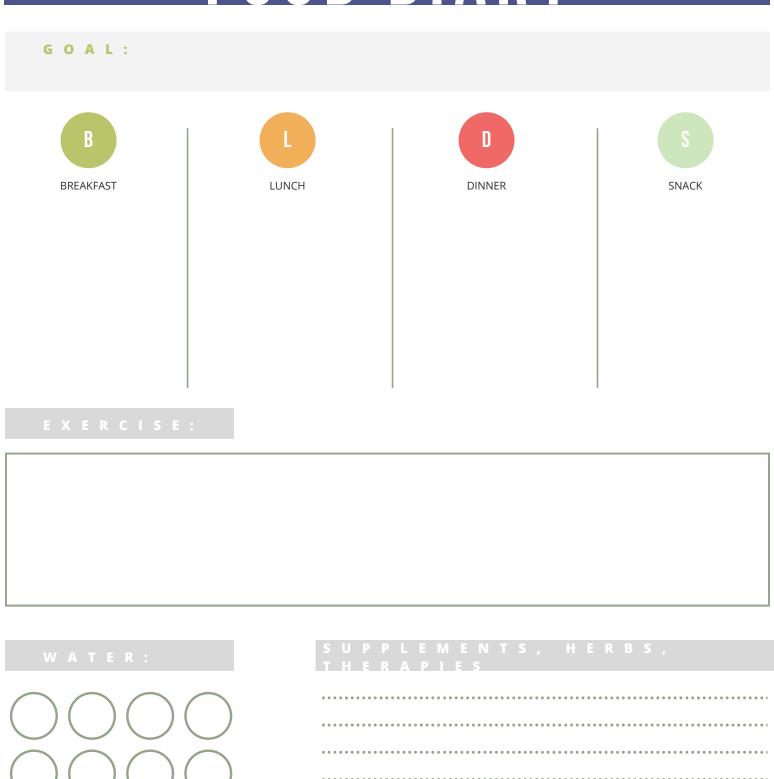
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I release my fears about pregnancy and birth



Day 15 - Month 3 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

4	Set	inte	ntio	ns

- Journalling
- Meditation
- Nourishing Foods
- Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

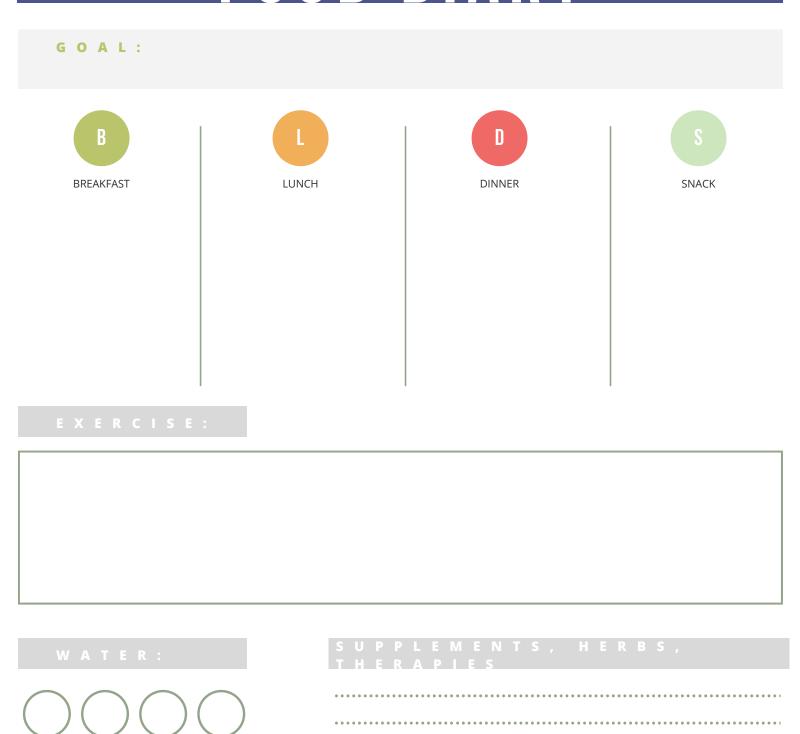
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I love my body



Day 16 - Month 3 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

Set	inte	ntio	n
, JEL	11116	11110	1113

- Journalling
- Meditation
- Nourishing Foods
- Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

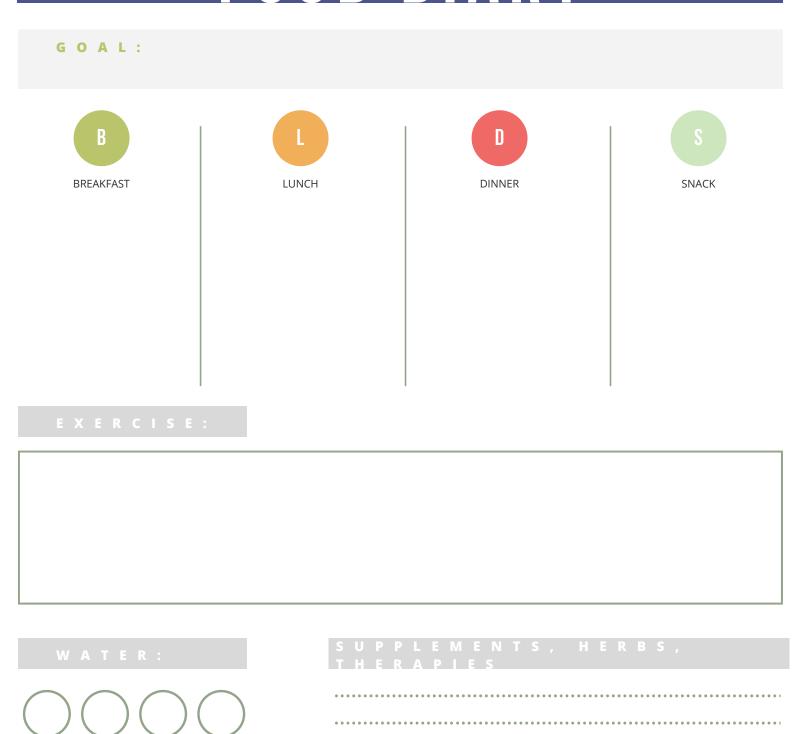
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I am whole and full of love



Day 17 - Month 3 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

- Journalling
- Meditation
- Nourishing Foods
- - Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

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Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

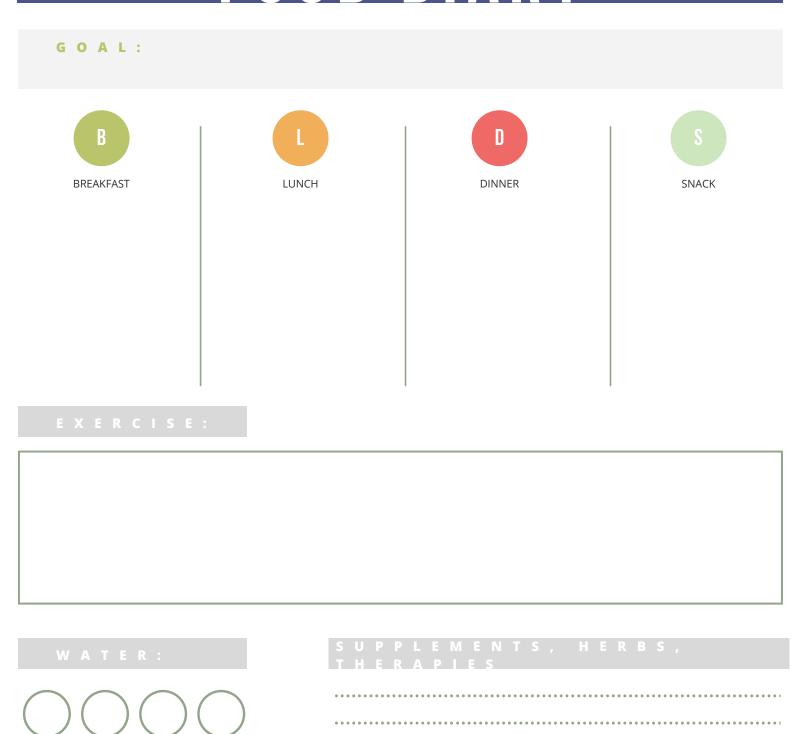
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I have the energy necessary to heal my body and soul



Day 18 - Month 3 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

		Set	inte	ntic	ons
--	--	-----	------	------	-----

- Journalling
- Meditation
- Nourishing Foods
- Mindful Eating
- Went outside
- Moved My Body
- Expressed Gratitude
- Reflected on the day

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Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

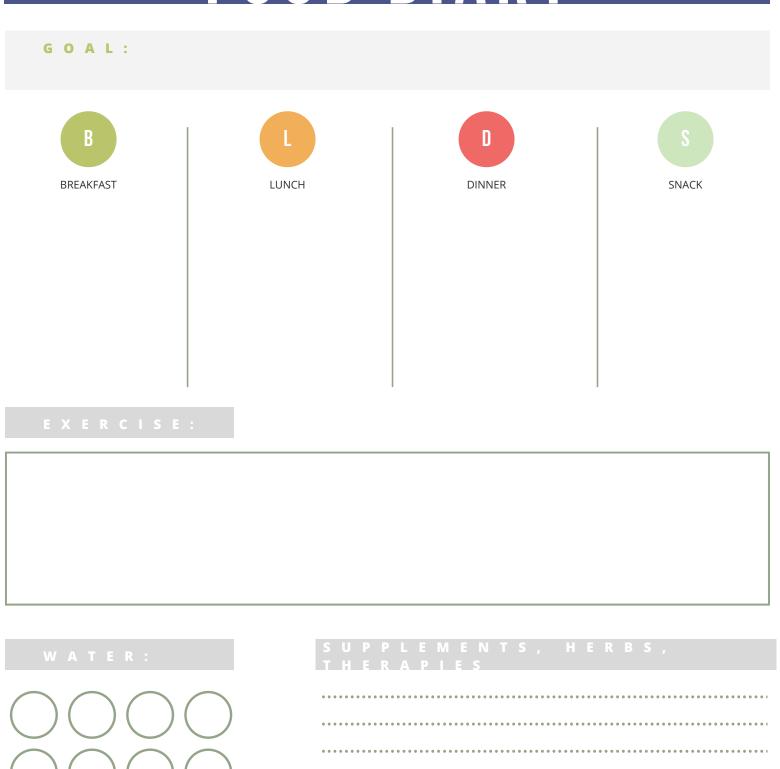
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I bring balance and light to my reproductive system



Day 19 - Month 3 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

Set	inte	ntic	ons

- Journalling
- ons Nourishing Foods Moved My Body
- Mindful Eating Expressed Gratitude
- Meditation Went outside Reflected on the day

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Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

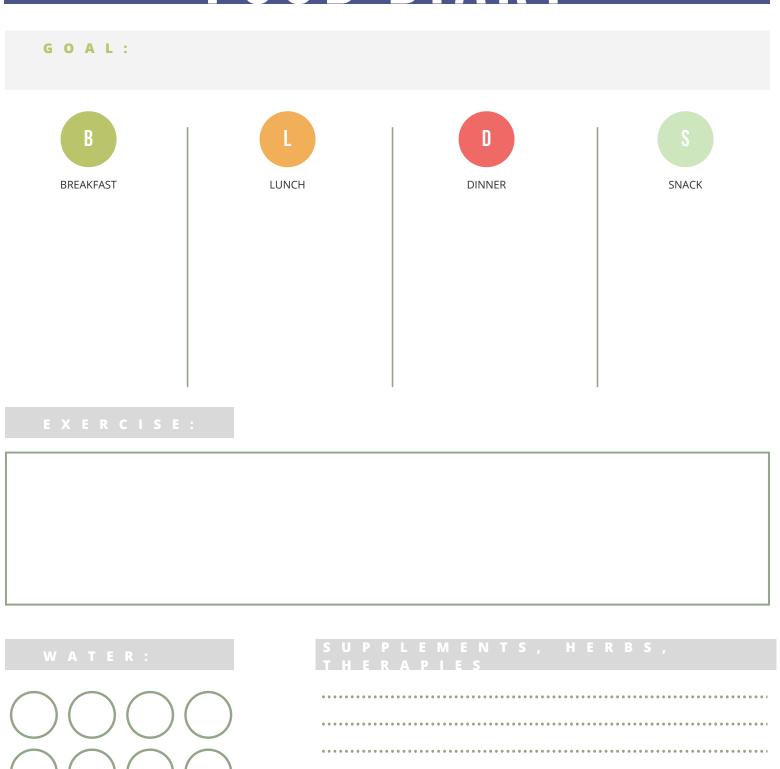
GRATITUDE JOURNAL

- 1.

3.

AFFIRMATION

I have an abundance of healthy eggs



Day 20 - Month 3 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

- Journalling
- Meditation
- ns Nourishing Foods Moved My Body
- Mindful Eating Expressed Gratitude
 - Went outside Reflected on the day

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Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

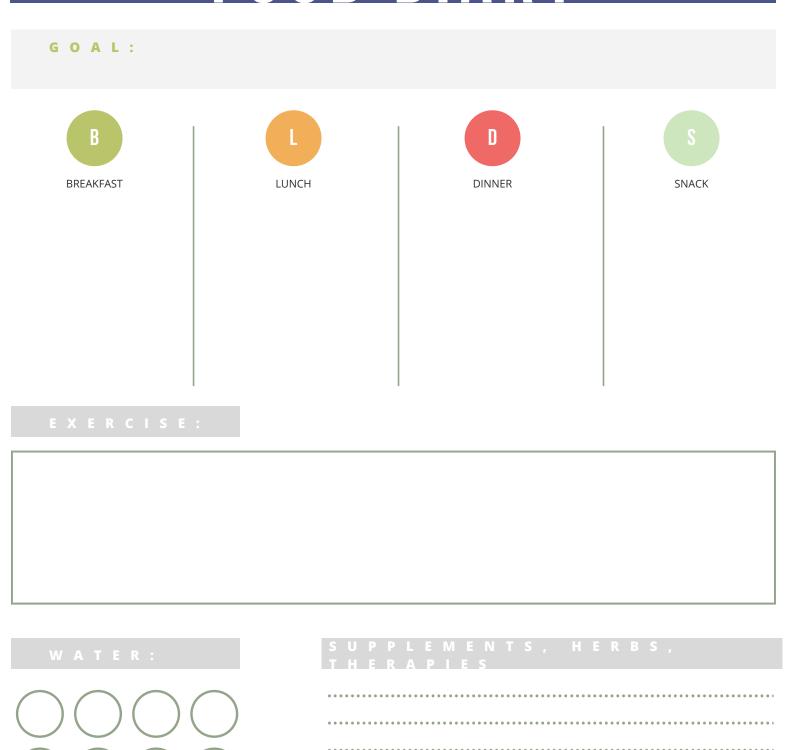
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I am a loving and nurturing mother



Day 21 - Month 3 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

		Set	inte	ntio	n:
--	--	-----	------	------	----

- Journalling
- Meditation
- Nourishing Foods
- Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

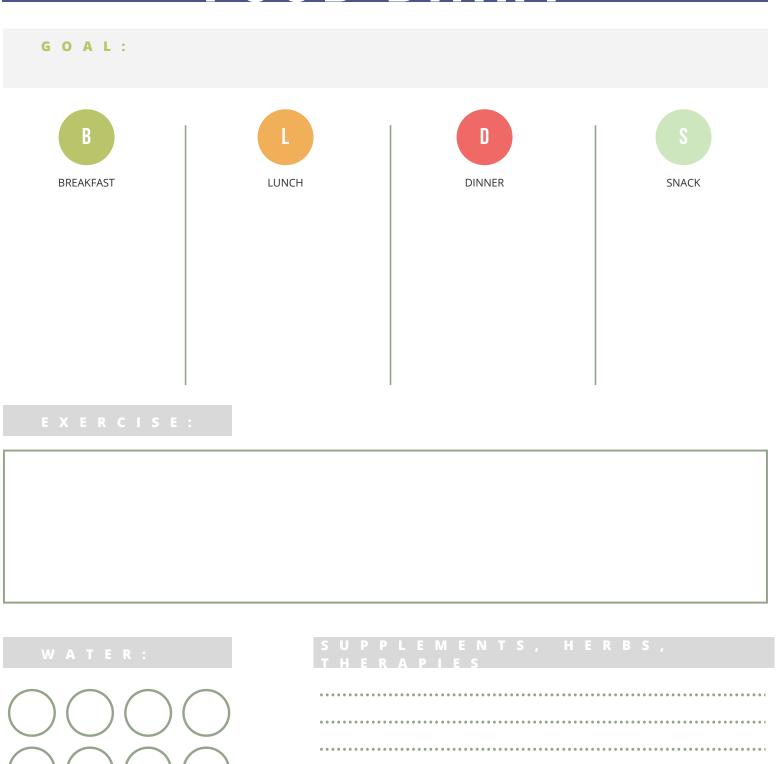
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I choose to heal from past hurts and disappointments



Day 22 - Month 3 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

4	Set	inte	ntic	on:
	\circ	11100	11010	/ 1 1 5

- Journalling
- Meditation
- ns Nourishing Foods

 - Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

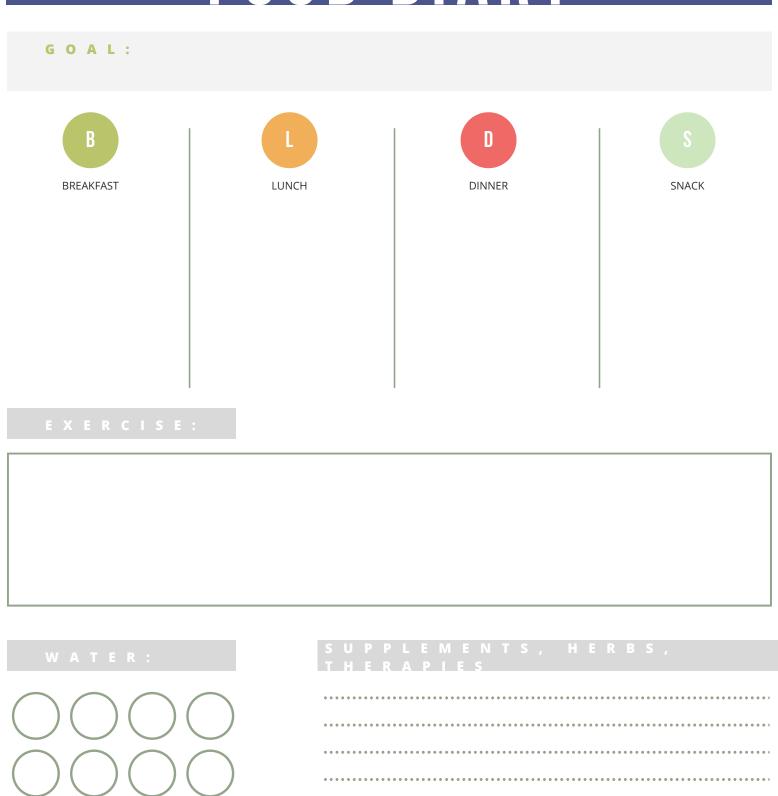
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I have abundant energy, vitality and well being



Day 23 - Month 3 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

- Journalling
- Meditation
- Nourishing Foods
- Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

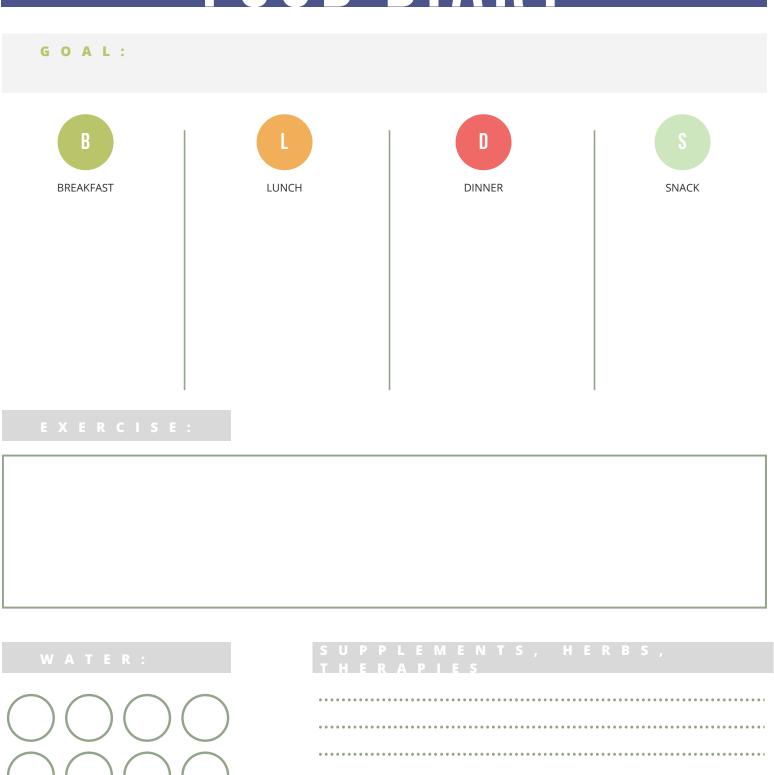
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

My baby and I are ready to start our lives



Day 24 - Month 3 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

Set	inte	ntio	n
300	IIILE	11110	1112

- Journalling
- Meditation
- ns Nourishing Foods

 - Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

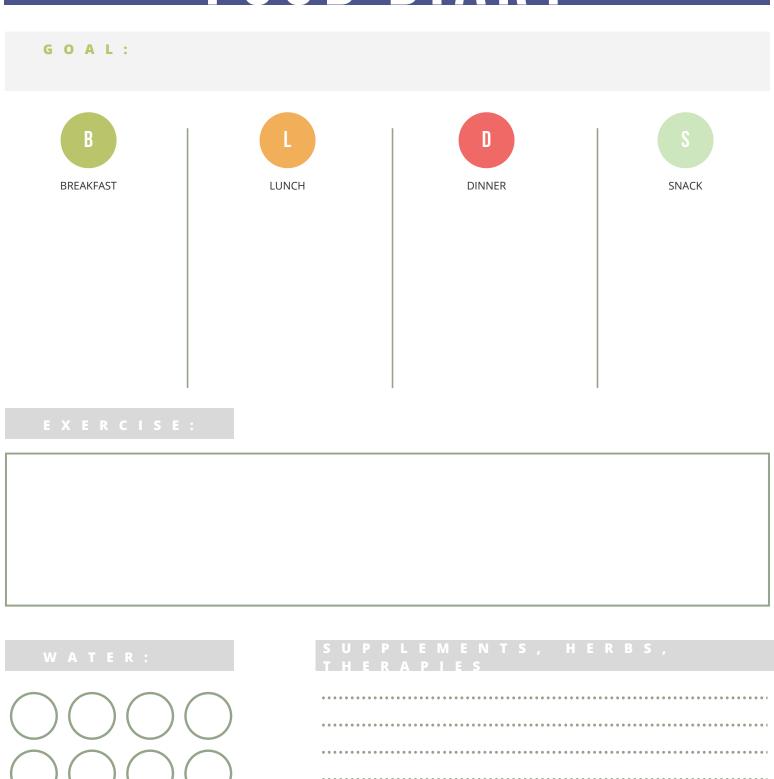
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

My baby and I have love and support



Day 25 - Month 3 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

Set intentions

- Journalling
- ns Nourishing Foods
- Moved My Body
- Mindful Eating Expressed Gratitude
- Meditation Went outside Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

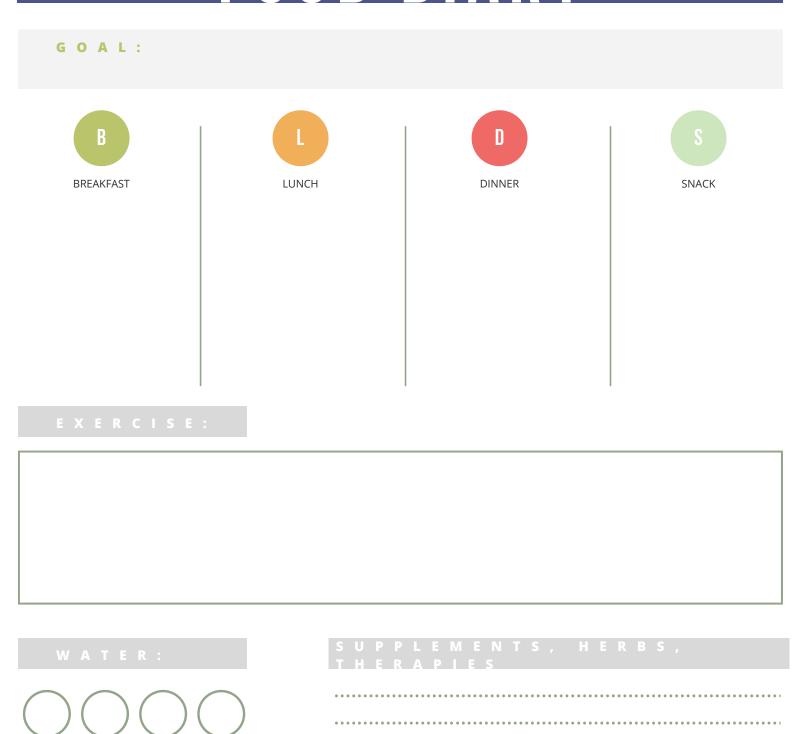
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I am preparing for a comfortable pregnancy



$Day\ 26$ - $Month\ 3$ $^{Date:}_{S/M/T/W/T/F/S}$

Date:

- Journalling
- Meditation
- Nourishing Foods
- Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

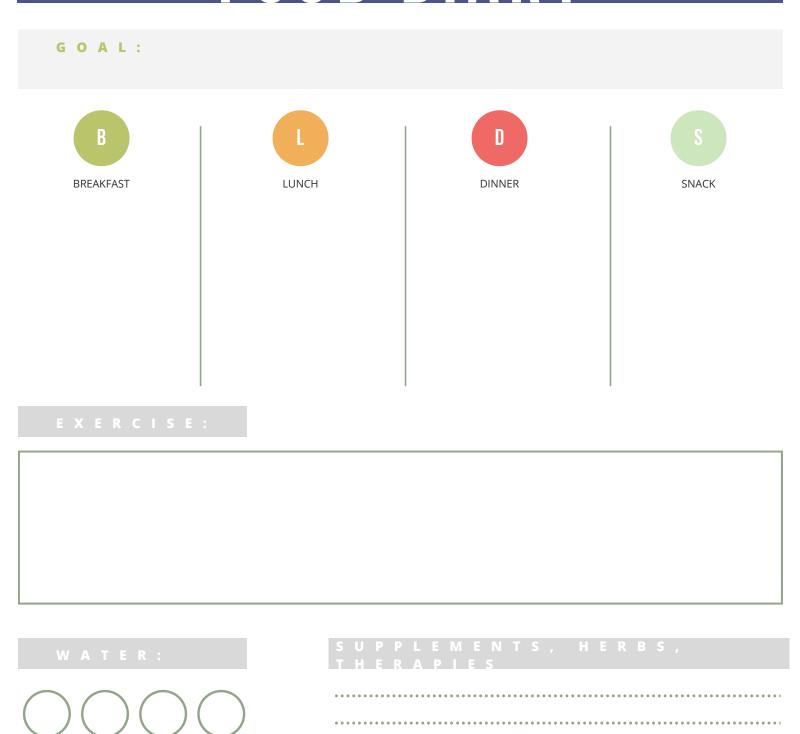
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

My baby is safe inside my womb



Day 27 - Month 3 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

- Journalling
- Meditation
- Nourishing Foods
- Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

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Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

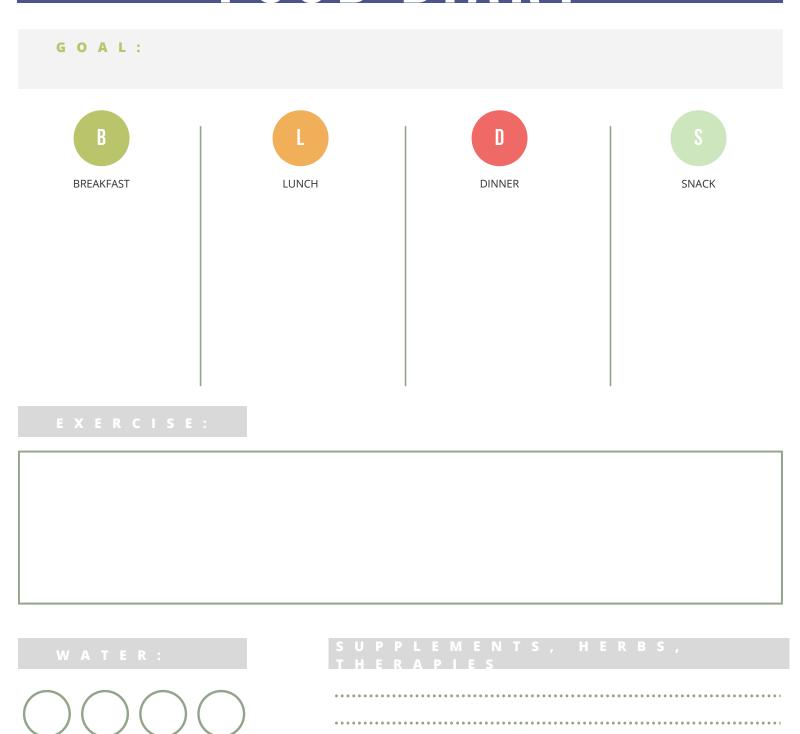
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

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



Day 28 - Month 3 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

- Journalling
- Meditation
- ns Nourishing Foods

 - Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

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Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

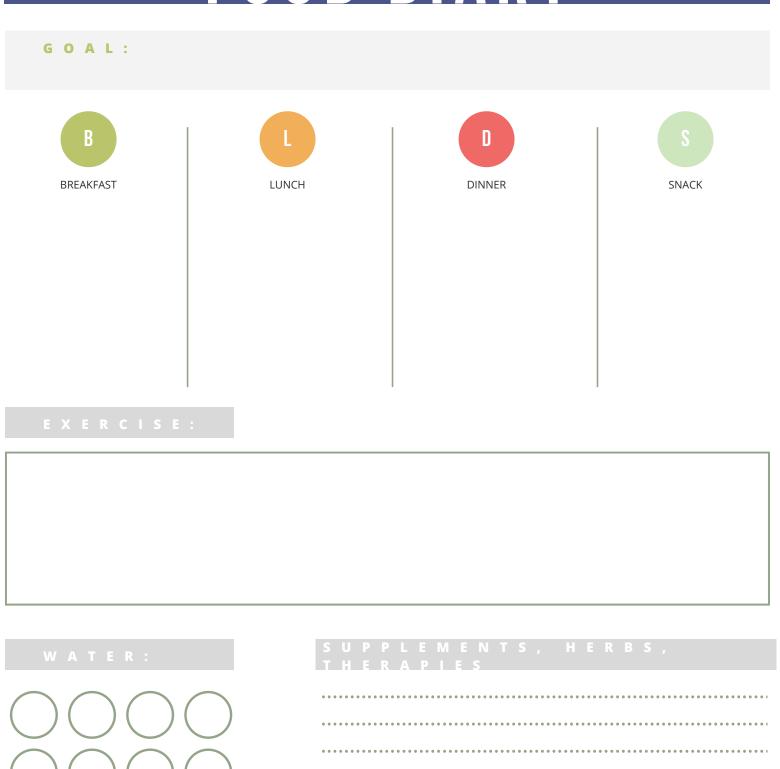
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

I am capable of carrying my baby full term



Day 29 - Month 3 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

Set	inte	nti	on
Set	HILLE	HU	OH.

- Journalling
- Meditation
- Nourishing Foods
- Went outside
- Moved My Body
- Mindful Eating Expressed Gratitude
 - Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

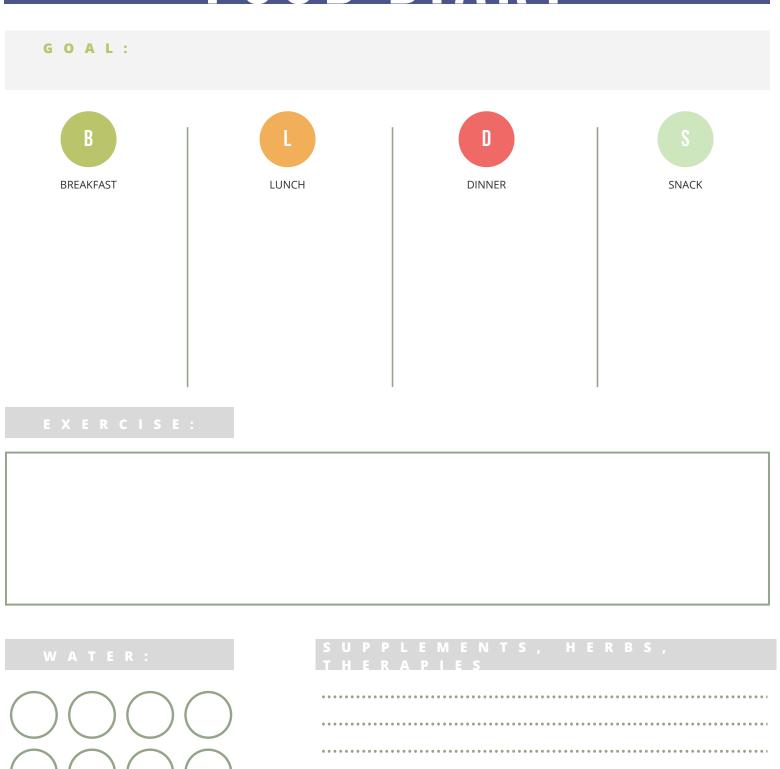
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

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



Day~30 - Month~3 Bate: S/M/T/W/T/F/S

Date:

- Journalling

- Nourishing Foods
 Moved My Body

- Mindful Eating Expressed Gratitude
- Meditation Went outside Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

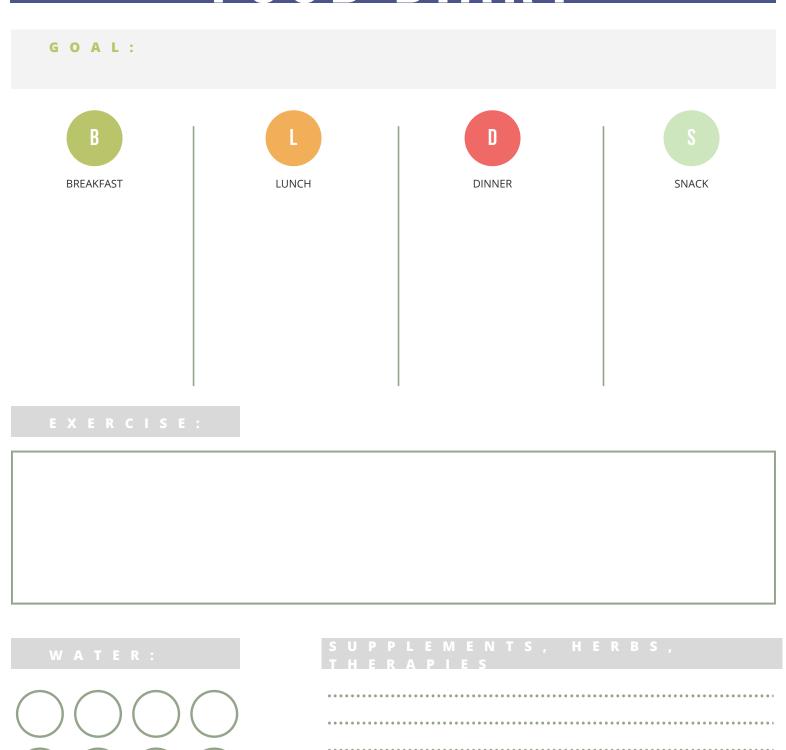
What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 3.

AFFIRMATION

Create Your Own Affirmation Here



Day 31 - Month 3 $\frac{Date:}{S/M/T/W/T/F/S}$

Date:

	4	Set	inte	ntions
--	---	-----	------	--------

- Journalling
- ns Nourishing Foods Moved My Body
- Mindful Eating Expressed Gratitude
- Meditation Went outside Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

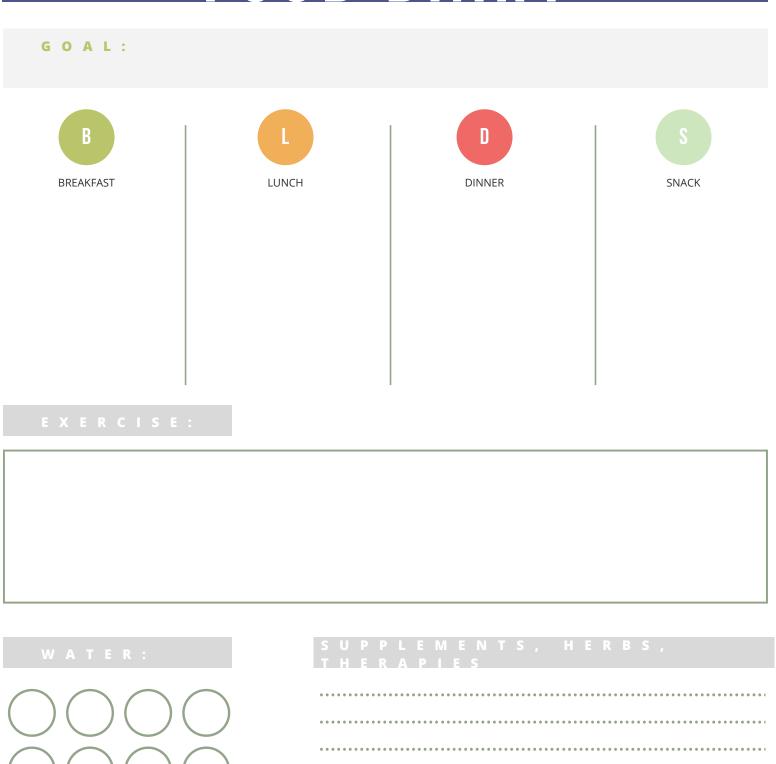
What did you accomplish today?

GRATITUDE JOURNAL

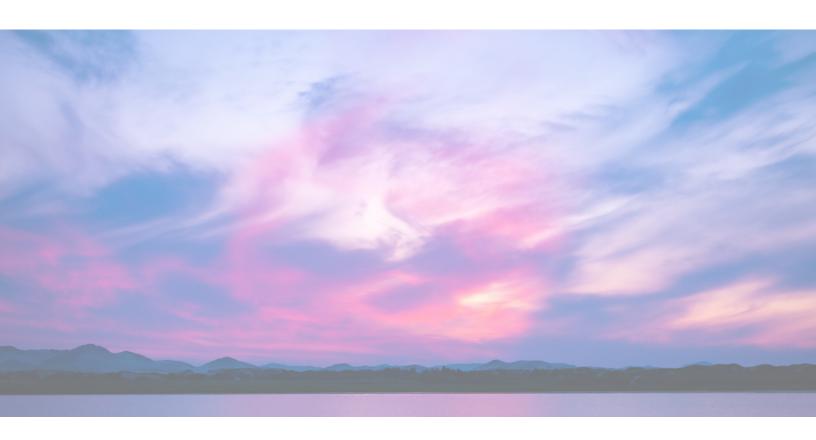
- 1.
- 3.

AFFIRMATION

Create Your Own Affirmation Here



FINAL REFLECTIONS



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FINAL REFLECTIONS

Complete this after you finish your journal. Fill in the space below with how you feel in your body, your mind and even your soul. Describe the emotions, thoughts and insights you have.

MY EXPERIENCE

FINAL REFLECTIONS

Take some time to reflect on what has changed in the following areas of your life. What has shifted, transformed or improved since you first started your journal.

BODY PHYSICAL	MIND MENTAL
HEART EMOTIONAL	SPIRIT SPIRITUAL
HOME ENVIRONMENTAL	MONEY FINANCIAL
CAREER PROFESSIONAL	PURPOSE PURPOSEFUL

Helpful Resources

01

EATING FOR OPTIMAL FERTILITY

02

SUPPLEMENT GUIDE

03

ESSENTIAL OILS FOR FERTILITY

04

AFFIRMATIONS FOR FERTILITY E-BOOK

05

30-DAY FERTILITY CLEANSE





Lisa Cartier

Tel: 518-307-9810

Email: wihny@yahoo.com

Learn more at:

womensintegrativehealthny.com

If you are struggling with fertility issues, let's get in touch.

Lisa is a Woman's Health Practitioner specializing in Hormone Balance, Natural Fertility and Birth, Postpartum Care and Preconception Planning; and is the owner of Life Cycles in Balance. With over 15 years of experiences, she has empowered couples to have amazing birth experiences. She helps women connect with their inner resources to discover their true beliefs about themselves, their relationships and their abilities to birth and parent their children. As a childbirth educator, certified lactation counselor and a certified doula, she believes the journey into motherhood is a rite of passage and lifechanging. She believes this passage should be celebrated and honored. She guides women to optimal health with compassion, knowledge and gratitude; specializing in hormone balance, fertility, birth and postpartum care.

Natural Fertility

Her unique approach to preparing the body for conception is revolutionary. By balancing the energies within the female anatomy, she supports in bringing forth the natural environment that, in turn, enhances and maximizes chances for conception. Her fertility program includes protocols that help with the underlying issues of infertility. This process brings together powerful fertility enhancing methods, giving a high level of emotional and physical support and high success rates.





"Sometimes the smallest step in the right direction ends up being the biggest step of your life."

LET'S CHAT

Fertile Ground



Schedule your complimentary consult today.. Let's see if you could benefit from our Fertile Ground 4 Month Fertility Program.

Guiding you on the path to creating fertile ground for your baby's first home and empowering women. . . one birth at a time.

CLICK HERE TO SCHEDULE

WOMENSINTEGRATIVEHEALTHNY.COM