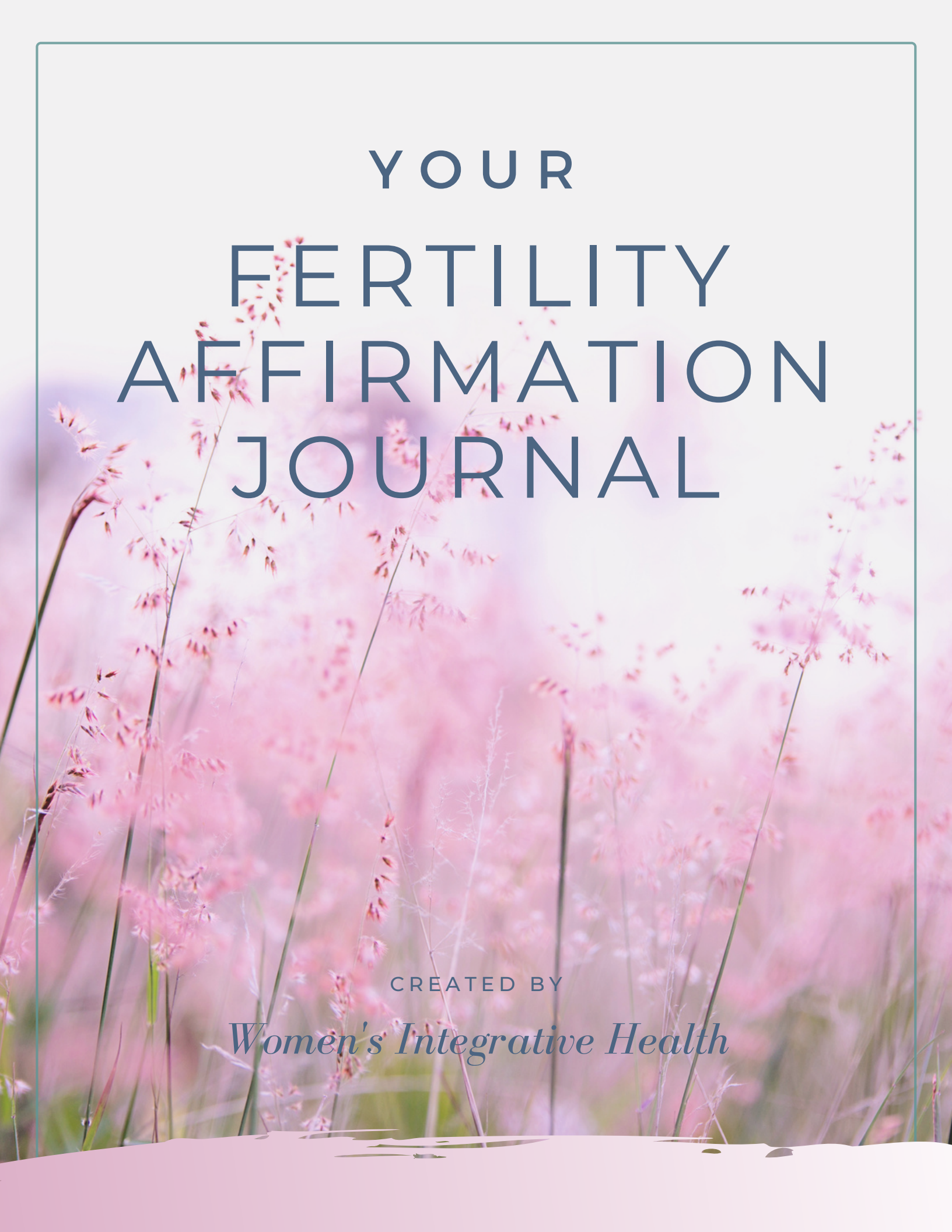
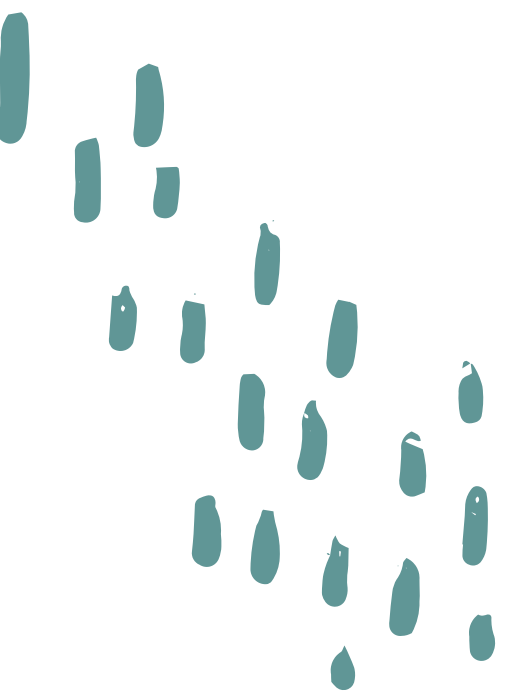


The background of the entire page is a soft-focus photograph of tall, thin grasses with delicate pink seed heads. The grasses are in various stages of bloom, creating a dreamy and natural aesthetic. The colors range from pale pink to a slightly deeper rose hue, with some green visible at the base of the stalks.

YOUR FERTILITY AFFIRMATION JOURNAL

CREATED BY

Women's Integrative Health



Affirmations for Fertility and Conception

EVERY AFFIRMATION YOU THINK
OR SAY IS A REFLECTION OF
YOUR INNER TRUTH OR BELIEFS

WOMENS' INTEGRATIVE HEALTH



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.



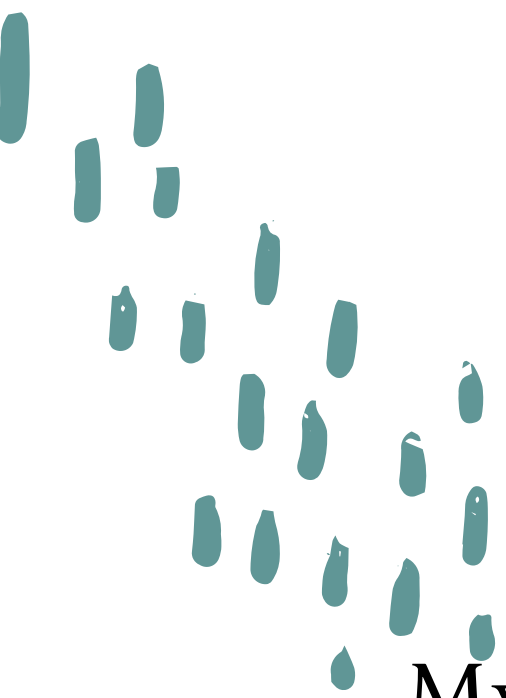
I trust my
body



WOMEN'S INTEGRATIVE HEALTH



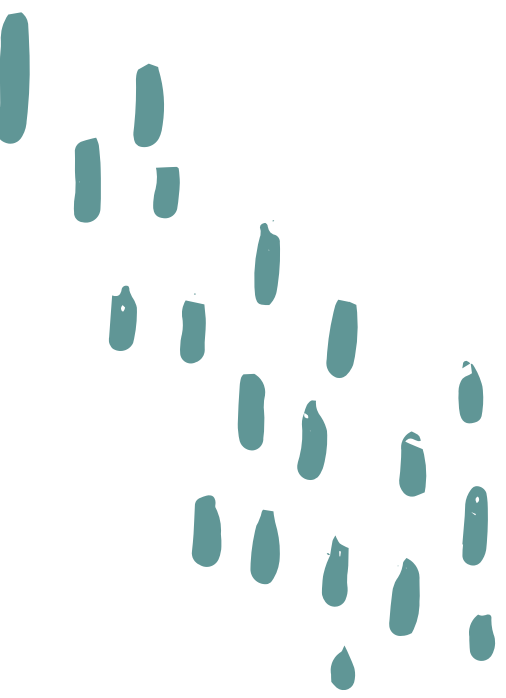
Journal Prompt



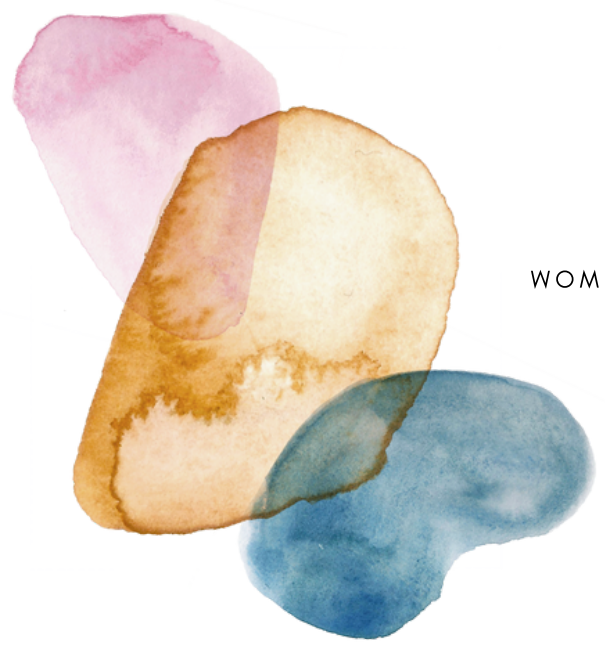
My reproductive
organs work in
perfect harmony
with my body to
allow an easy
conception

WOMEN'S INTEGRATIVE HEALTH

Journal Prompt

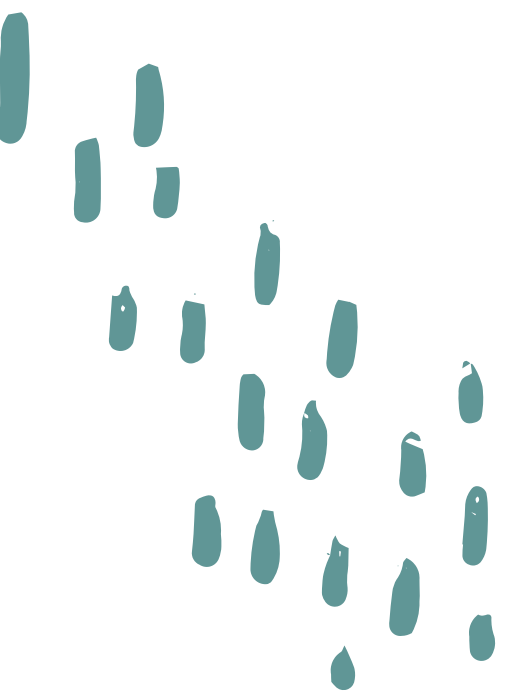


My body
knows how
to conceive
a healthy
baby



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt



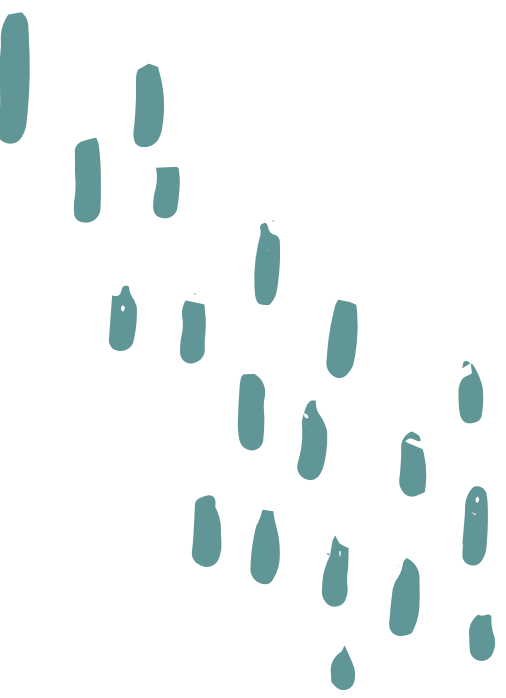
I trust and
love myself



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt



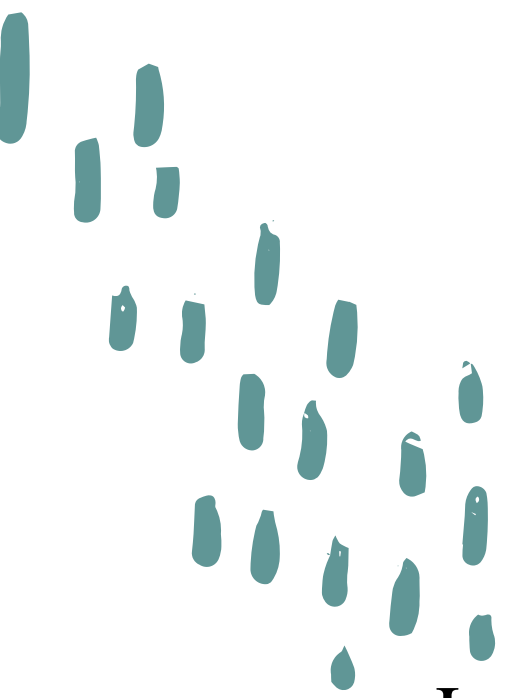
I accept the
gift of life
within
myself



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt

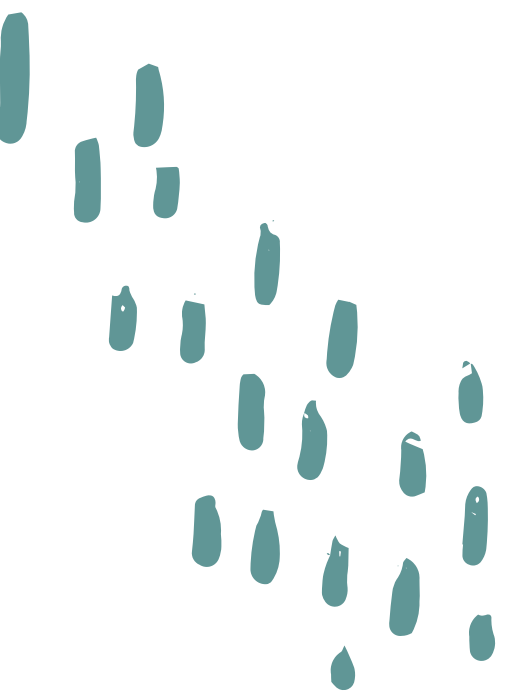


I now release all
emotional blocks
that prevent me
from conceiving
a baby



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt

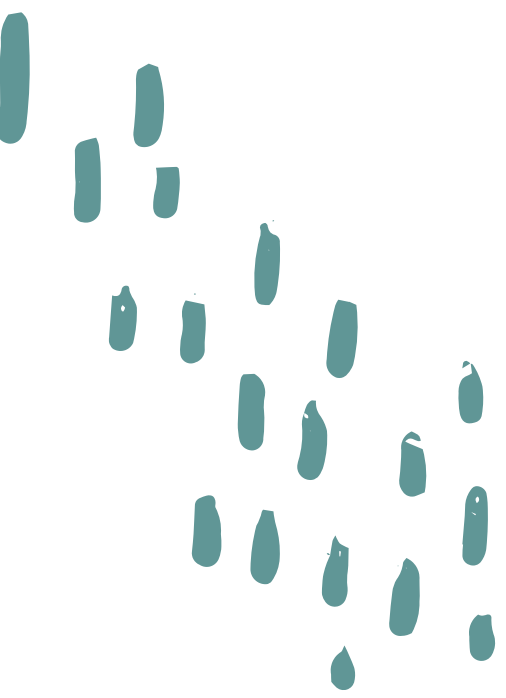


I choose a
healthy
lifestyle that
enhances
my fertility



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt



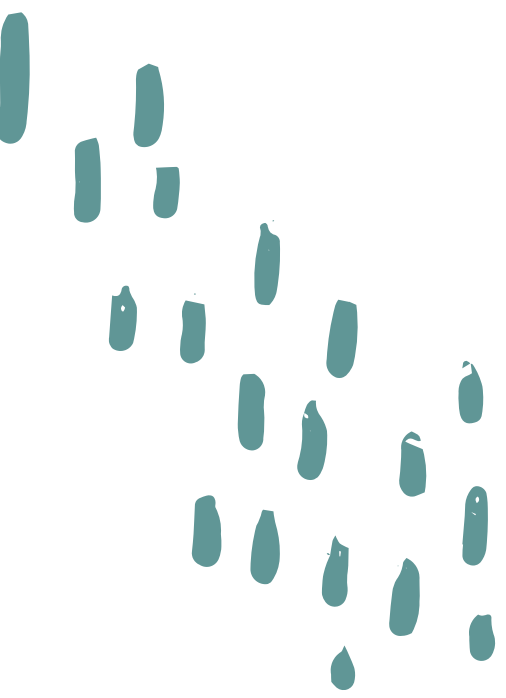
I welcome
my time to
be a parent



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt



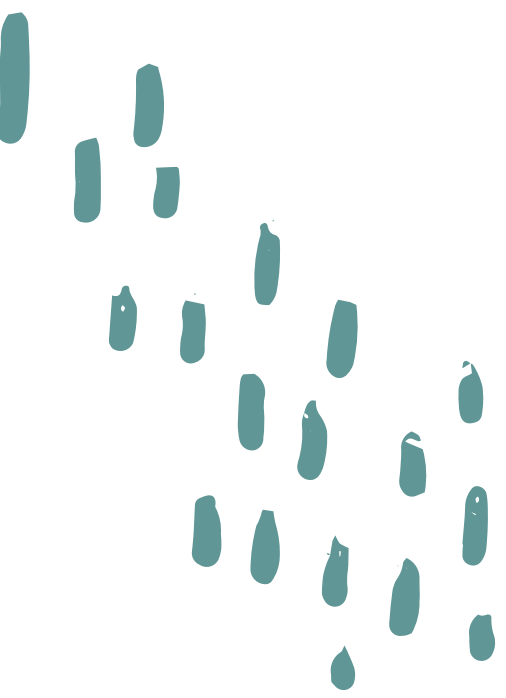
I now
manifest my
decision to
have a baby



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt



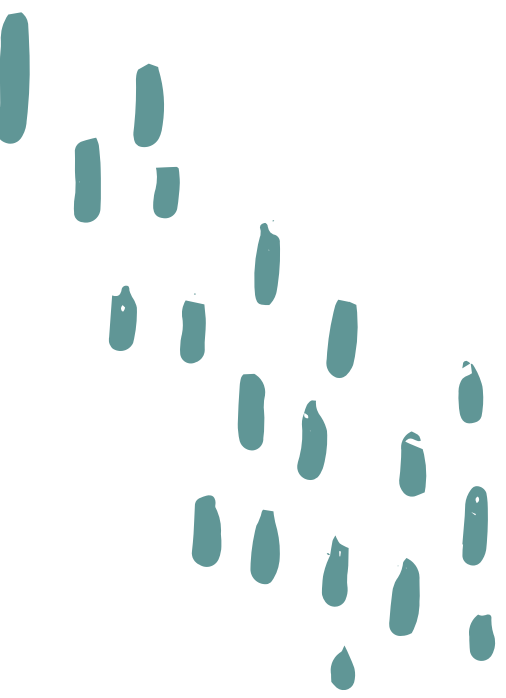
I visualize
having a
baby



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt

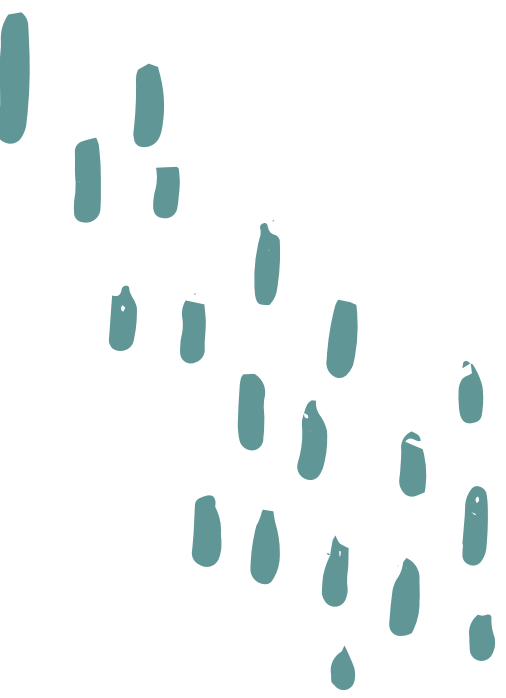


New
balance is
coming to
my body
now



WOMEN'S INTEGRATIVE HEALTH

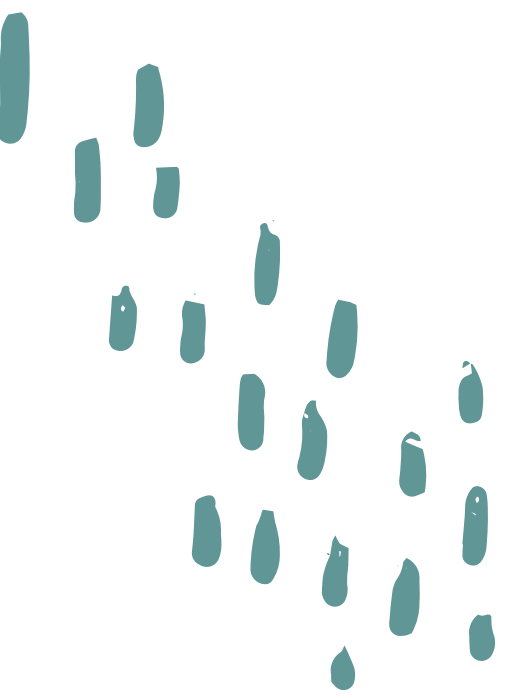
Journal Prompt



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

WOMEN'S INTEGRATIVE HEALTH

Journal Prompt



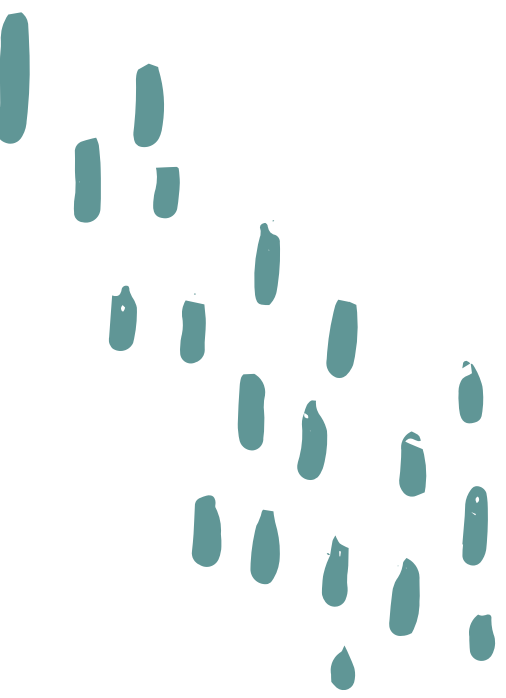
I allow new
beginnings
in my life



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt



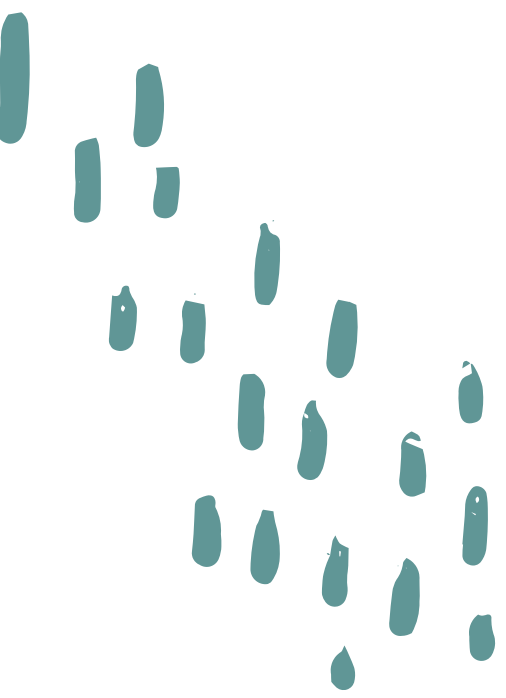
I willingly release old
thinking patterns based
on fear and self-doubt.

I allow new ones based
on love and self-
confidence



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt

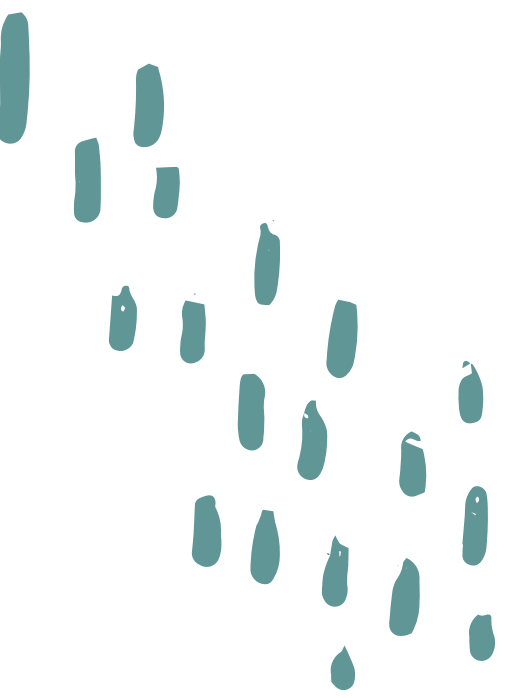


I now choose
positive
thoughts that
nurture and
support my life



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt

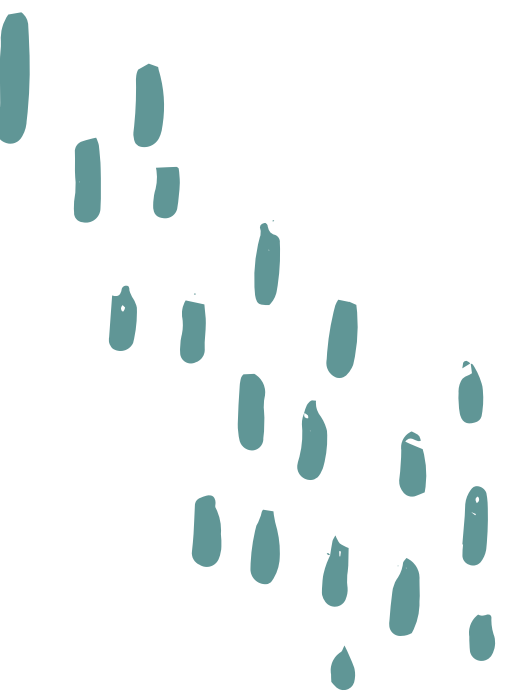


I accept the
responsibilities of
motherhood and I
know I will rise to
the occasion when
the time comes

WOMEN'S INTEGRATIVE HEALTH



Journal Prompt

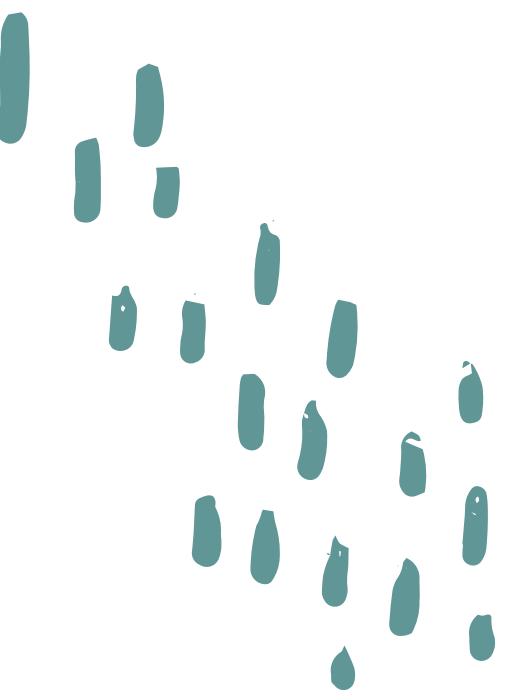


I am now a
loving
parent to
myself



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt



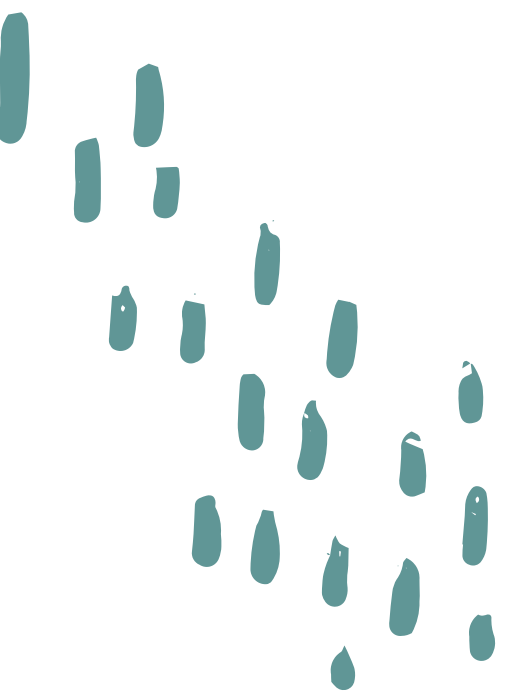
I release
fears about
age and
time



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt

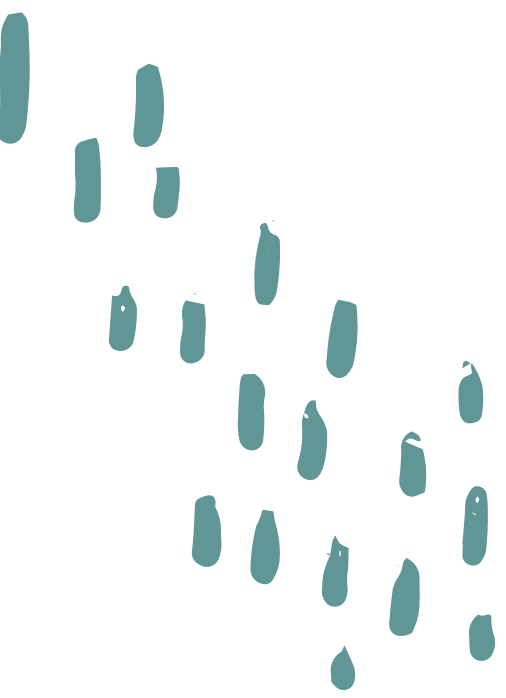


I set my
worries
aside and I
allow my
body to do
its job



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt

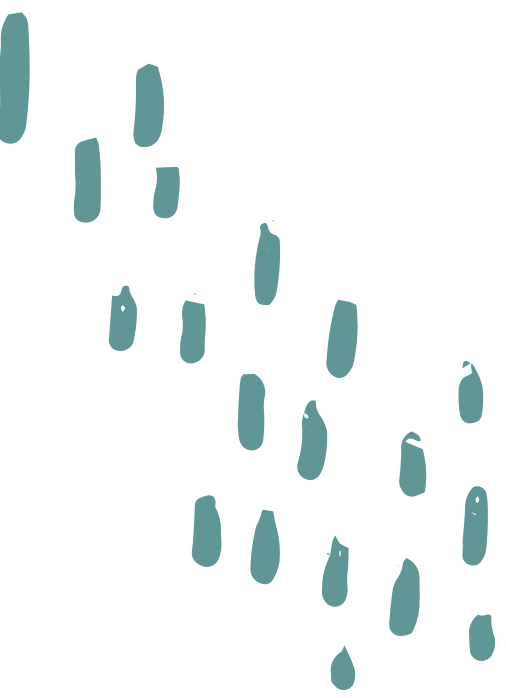


I surrender to the
power of nature
as I celebrate a
new cycle of birth
within myself



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt

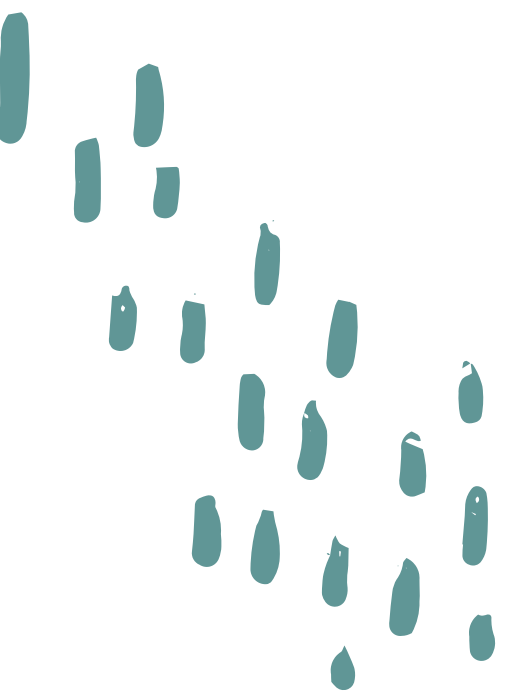


The universal
life force
brings me
new creative
energy



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt



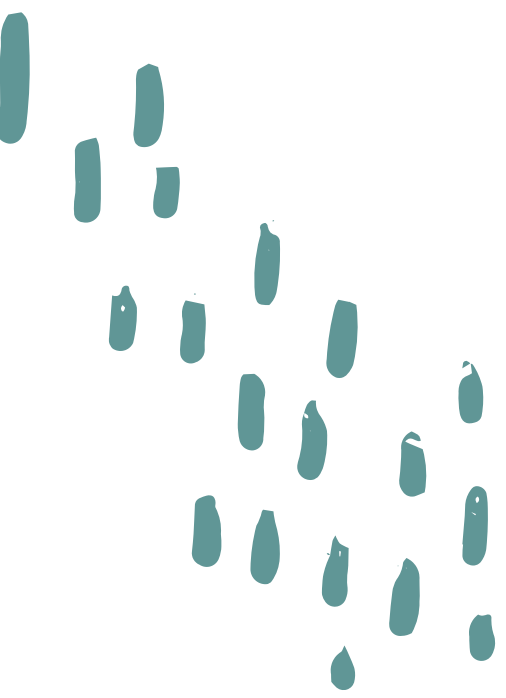
I graciously
accept my
creative
powers



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt

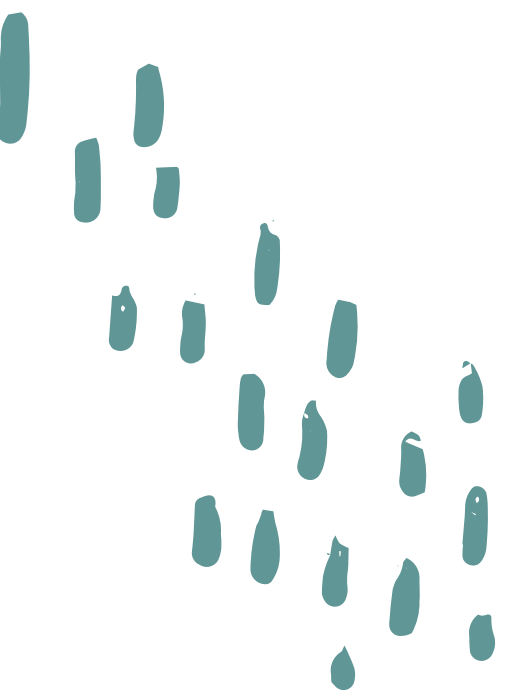


I allow the
creative
forces
within me
to be
released



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt

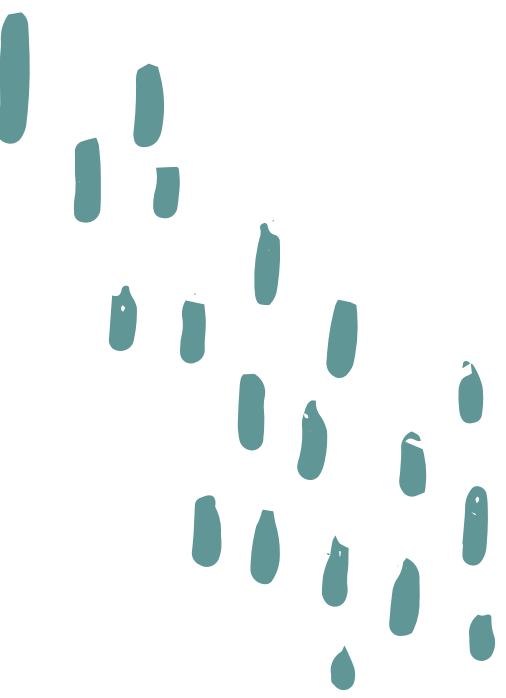


I allow my
energies to work
through me and
bring me a
healthy
pregnancy and
baby



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt

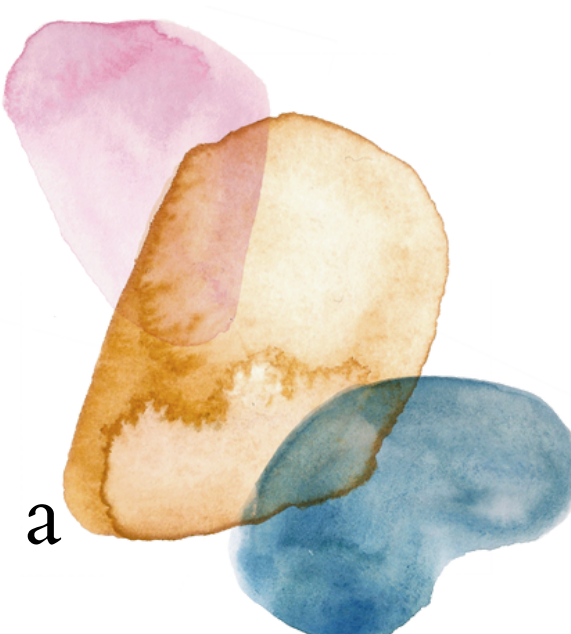


I deserve
the best
outcome
and with
joy I am
thankful for
a new life



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt



I experience a
profound
connection to
the miracle of
life



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt

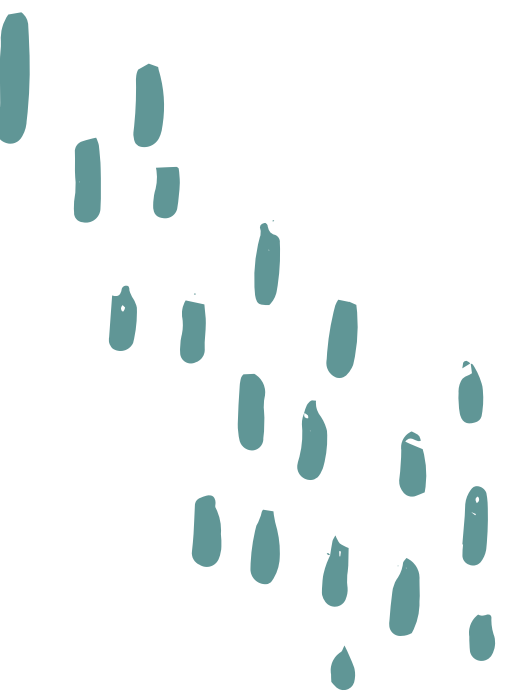


I allow the light
cleanse away all my
fears, indecisions and
concerns regarding
pregnancy, delivery
and parenting



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt

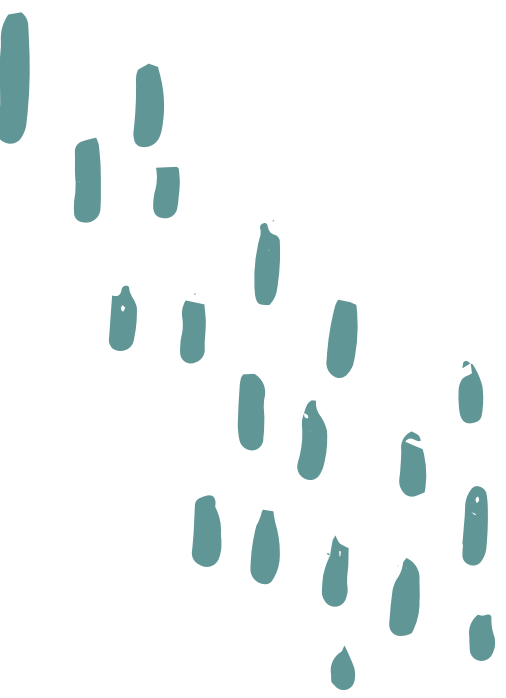


I allow
harmonious
energies to
heal me in
this very
moment



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt

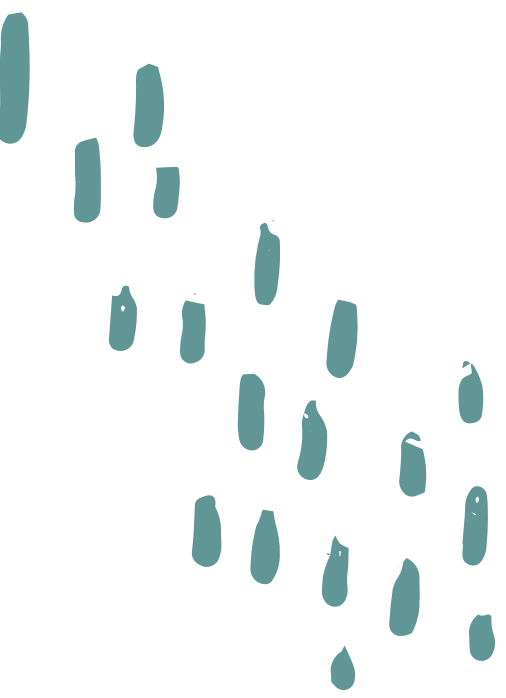


I am open
to new
energies and
I allow new
life to enter
my life



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt

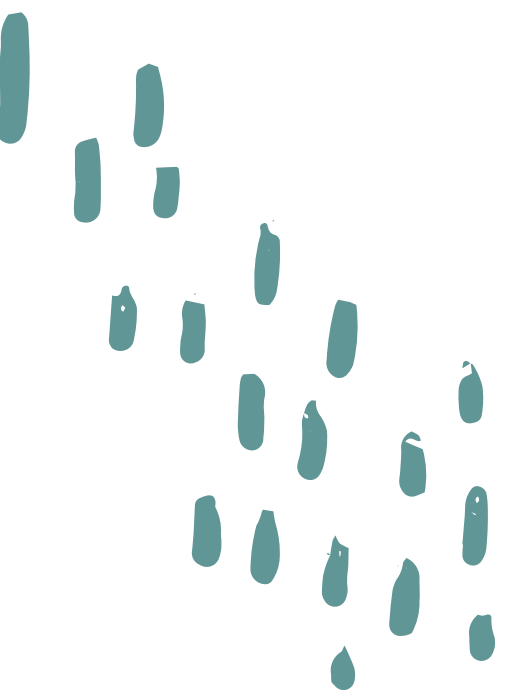


I visualize
the color
pink
surrounding
me and
bringing me
love



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt



I now access
my spiritual
abilities and
intuitive
perception



WOMEN'S INTEGRATIVE HEALTH

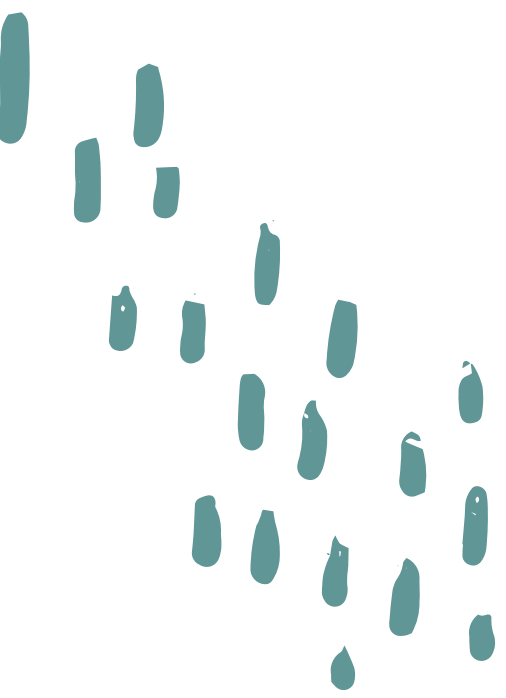
Journal Prompt



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

WOMEN'S INTEGRATIVE HEALTH

Journal Prompt



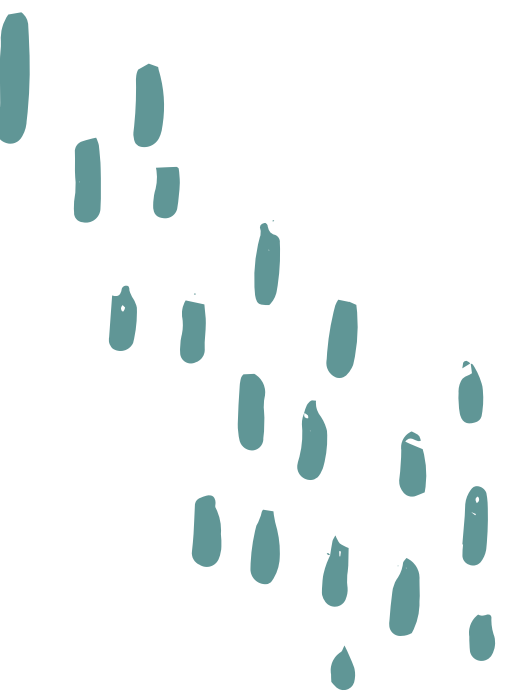
I am safe
and I am
loved



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt



I surrender
to the
healing
forces of the
universe



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt

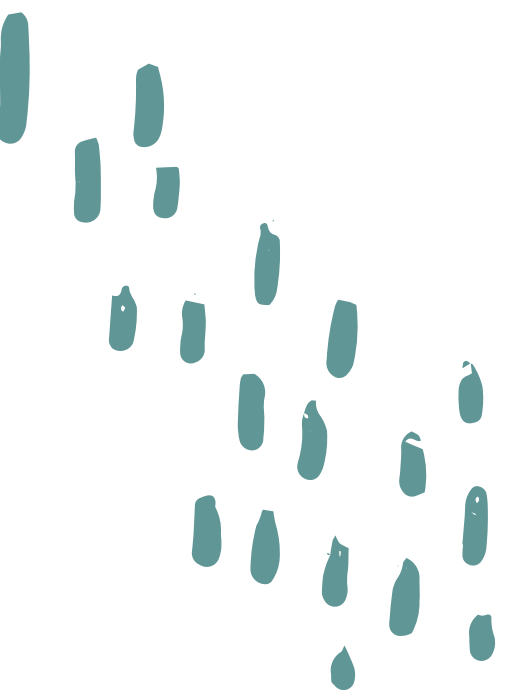


I ask the Angels
for guidance and
protection every
day. I am
thankful for all I
am and all I have.
I am at peace



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt

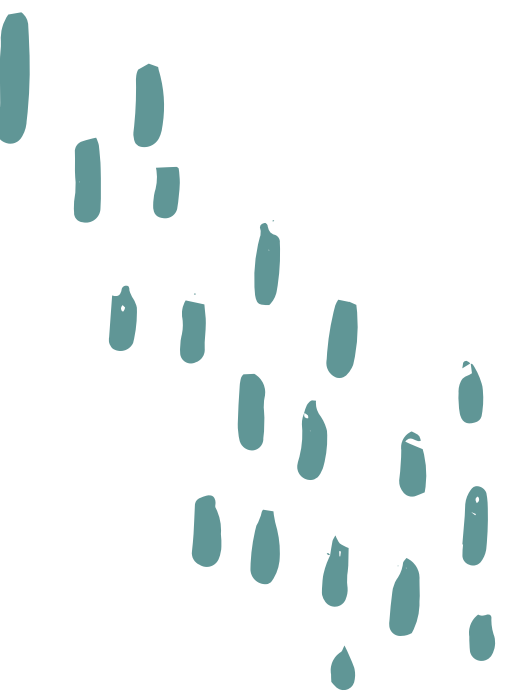


I listen to
my inner
guidance
and I act
based upon
my
intuition



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt

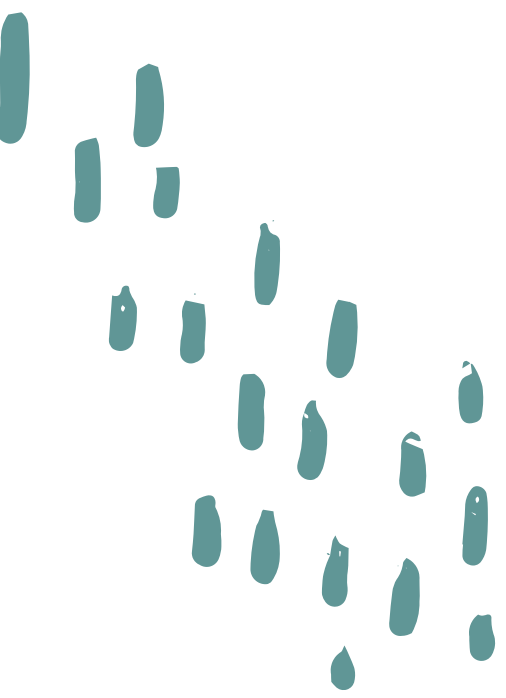


My body is
in a state of
balance,
harmony
and health



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt



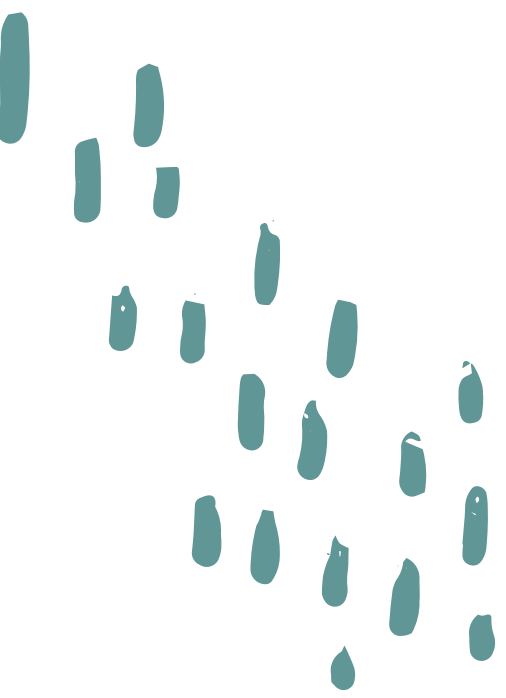
I am
listening to
my body



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt



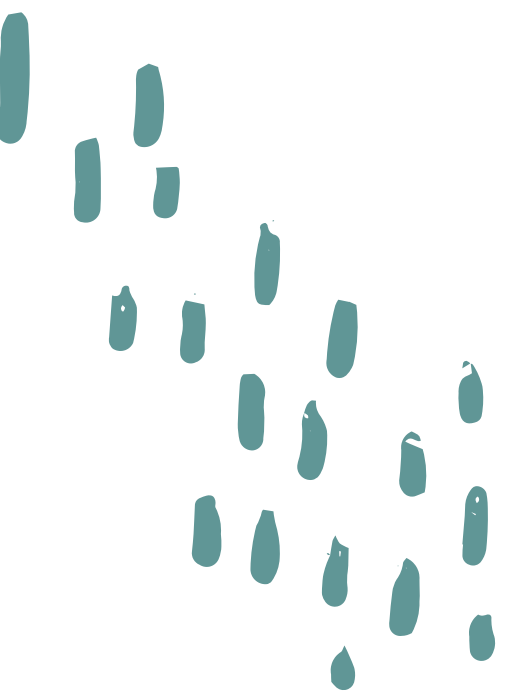
I love life
and all it
has to offer



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt

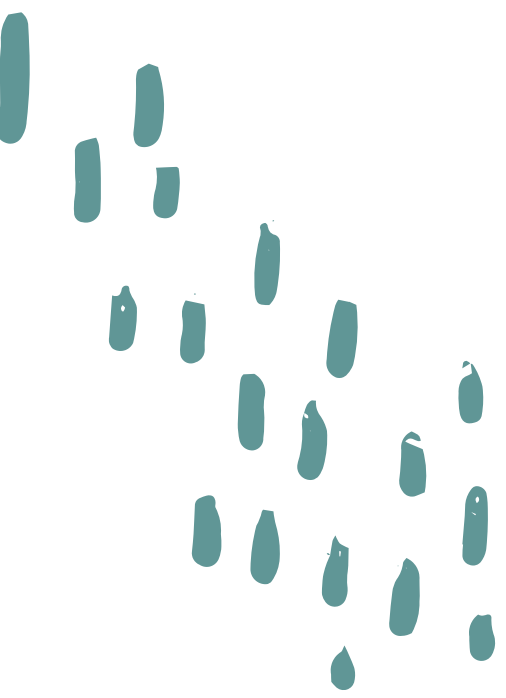


There is
room in my
life for a
baby right
now



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt



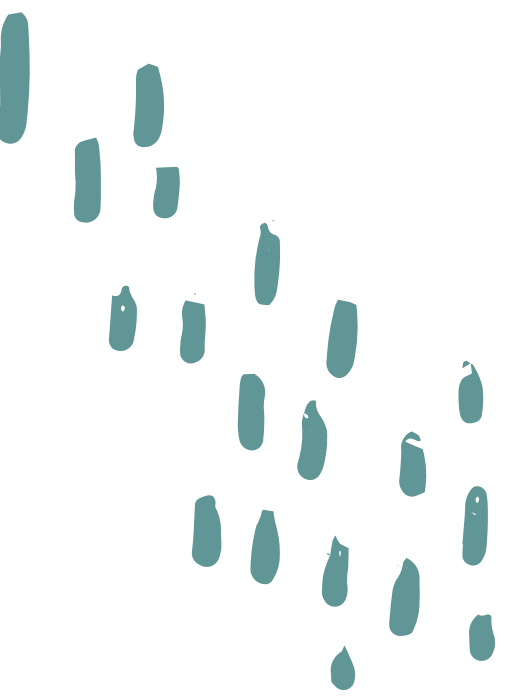
I enjoy
being in
perfect
health



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt

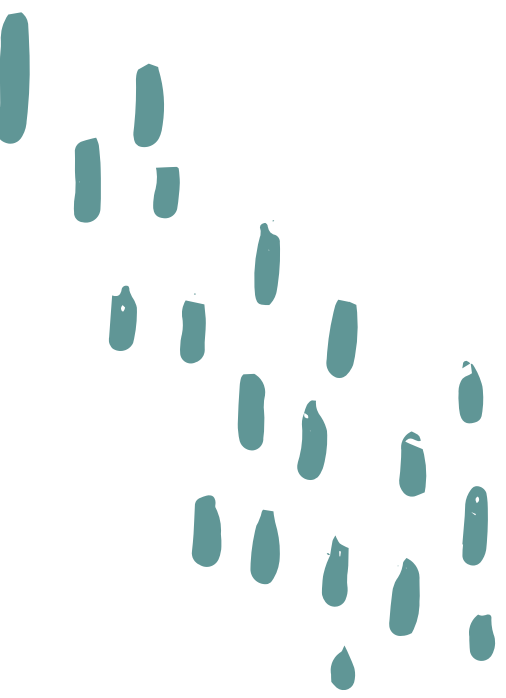


My fertility improves daily



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt



I am in
control of
my health
and fertility



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt

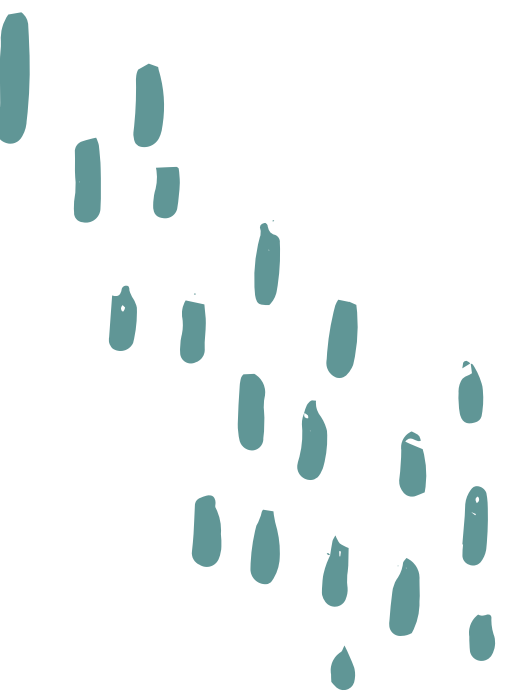
Achieving a
healthy
pregnancy
is easy



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt



I am
confident I
can nurture
my baby



WOMEN'S INTEGRATIVE HEALTH

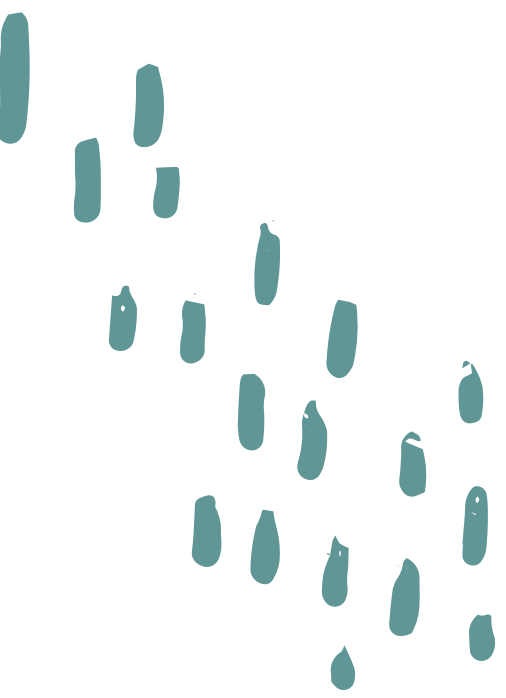
Journal Prompt

My
confidence
grows daily



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt



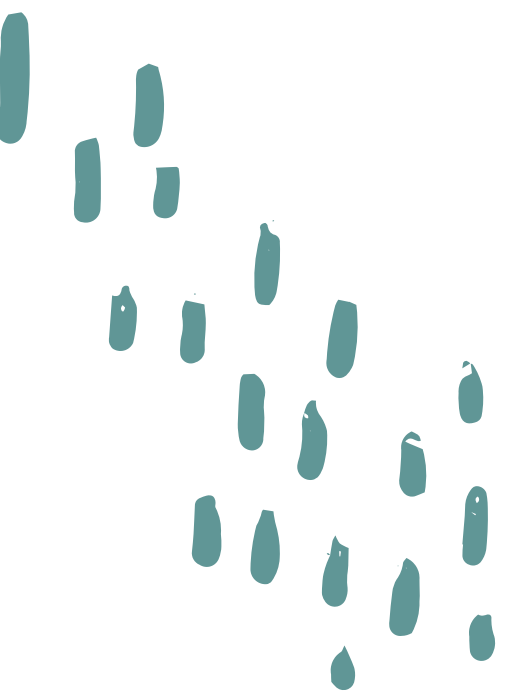
I know my fertility signs



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt



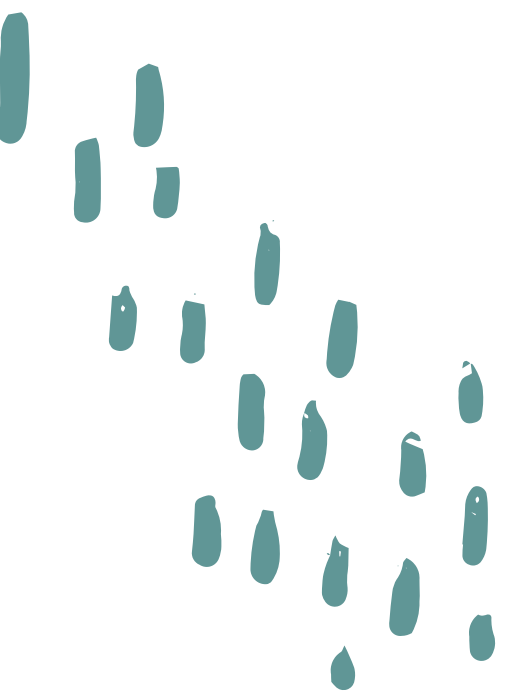
I allow new
beginnings
into my life



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt

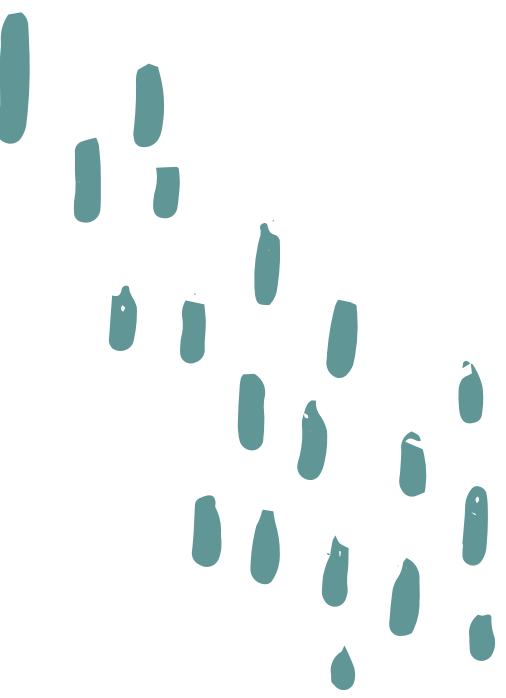


My body
functions
correctly
and on
schedule



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt



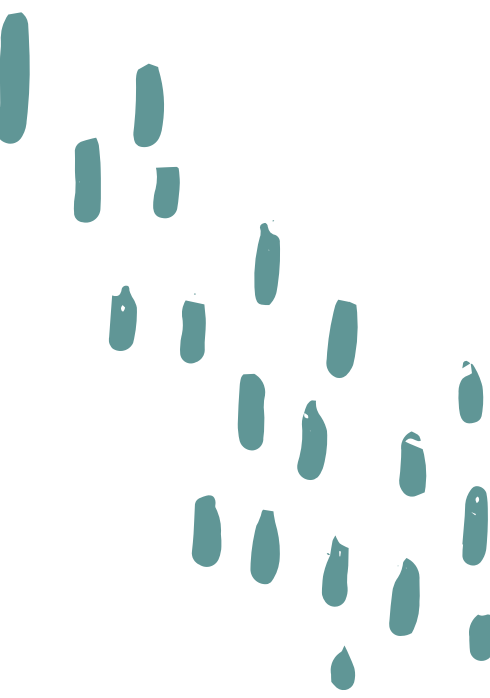
I am a
loving
parent to
myself



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt

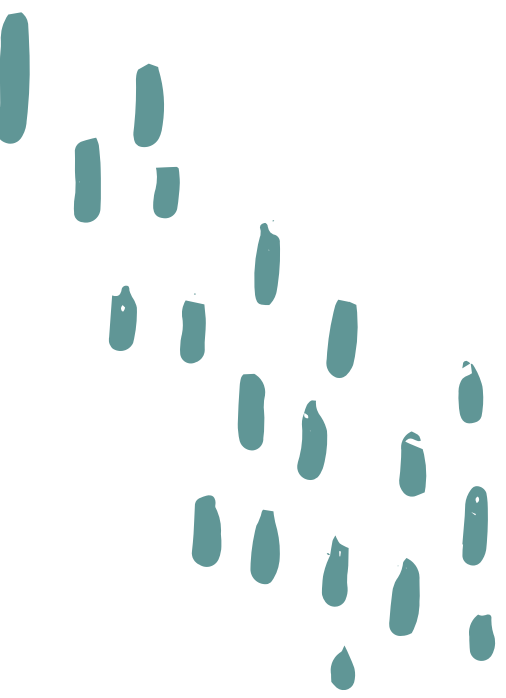


I release fears
about my and age
and know that I
have time to get
pregnant when
I'm ready



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt



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



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt



I am
confident in
my ability
to be a
mother



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt



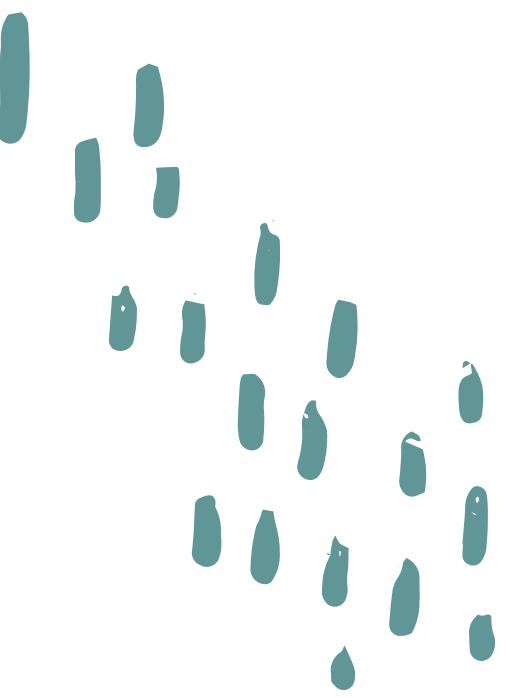
I am fertile



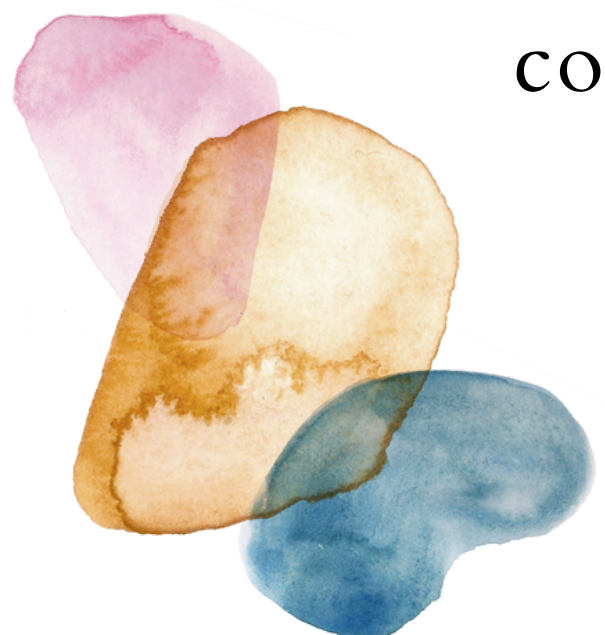
WOMEN'S INTEGRATIVE HEALTH



Journal Prompt

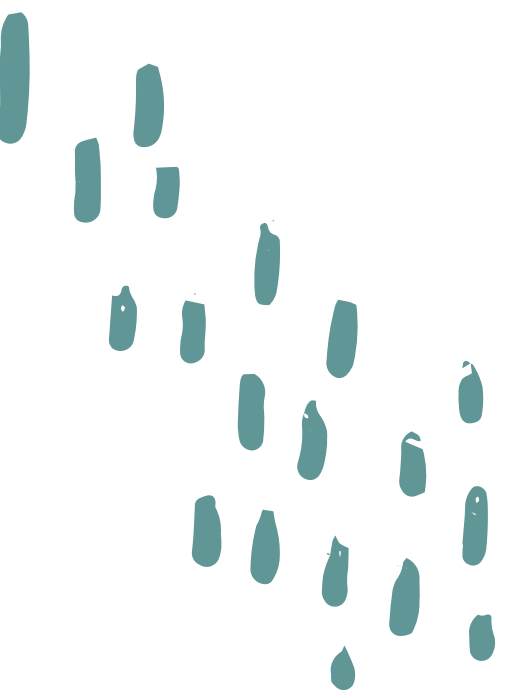


I release all
emotional
blocks that
stop me
from
conceiving
a baby



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt



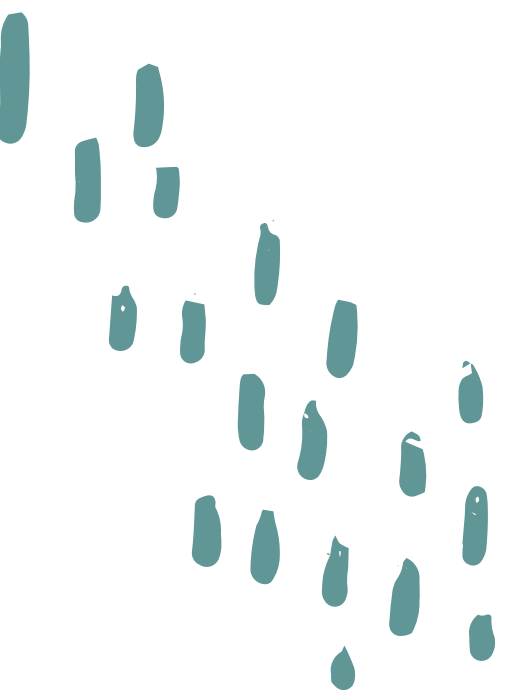
I am
hydrated
and healthy



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt



I choose
healthy
foods that
support my
health and
well-being



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt

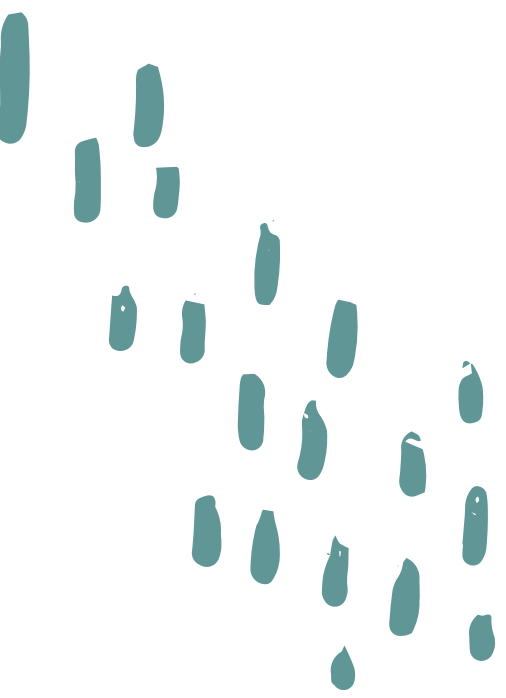


I am educated
about a
healthy
preconception
lifestyle



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt



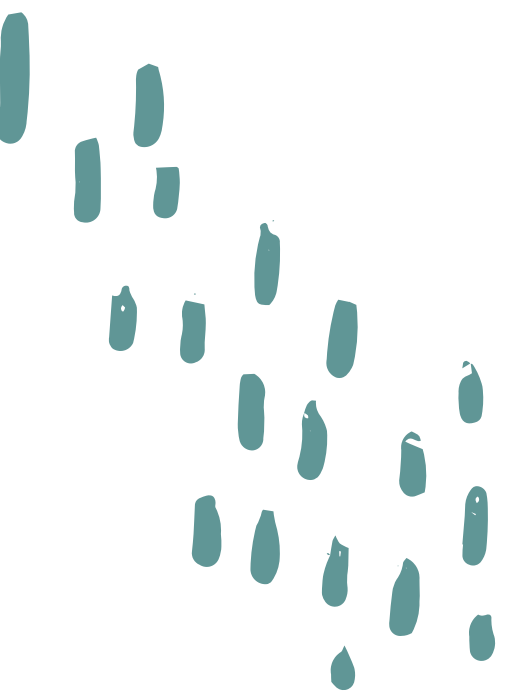
I welcome
my time to
become a
mother



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt



I am safe
and I am
loved



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt

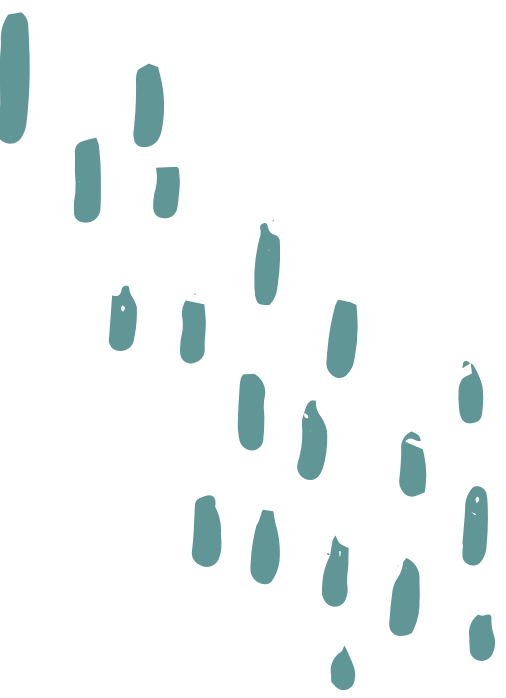
My
hormones
are in
balance



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt

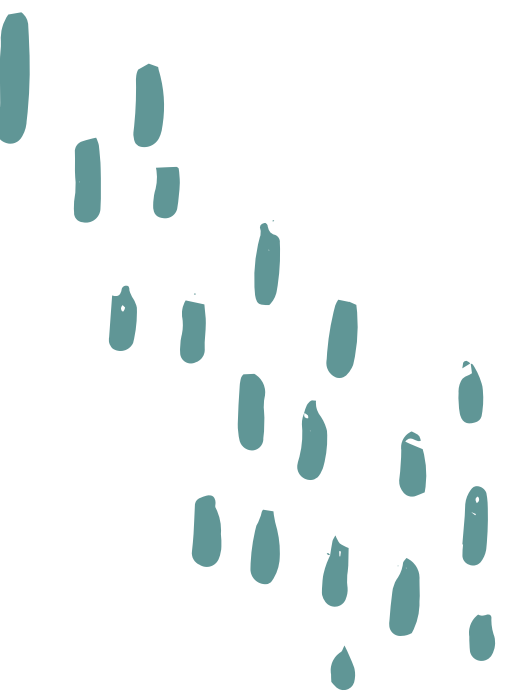


I have all
that I need
to be a
loving
mother



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt



I release my
fears about
pregnancy
and birth



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt



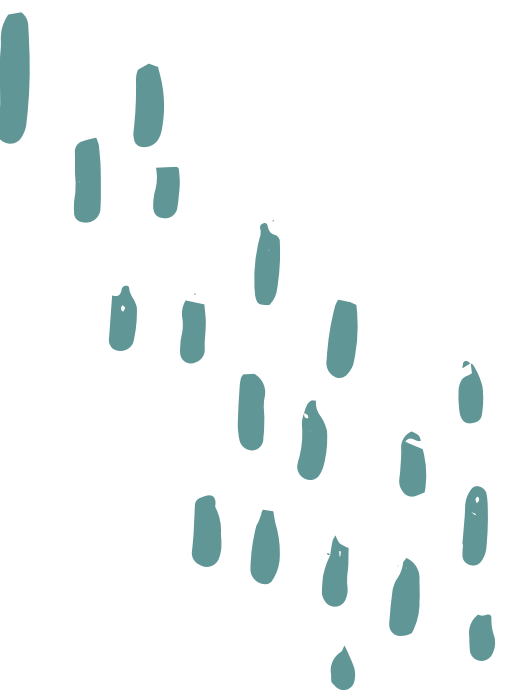
I love my body



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt



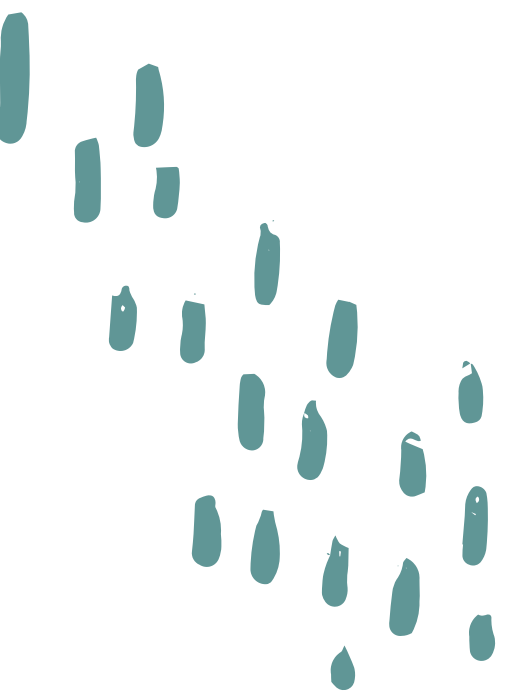
I am whole
and full of
love



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt

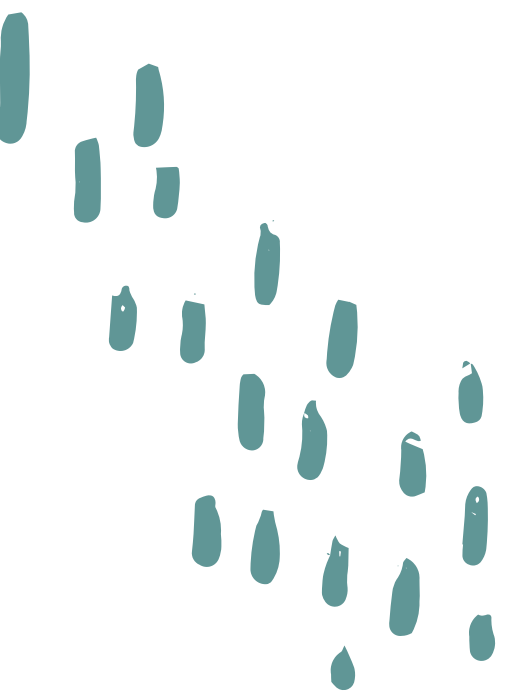


I have the
energy
necessary to
heal my
body and
soul



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt

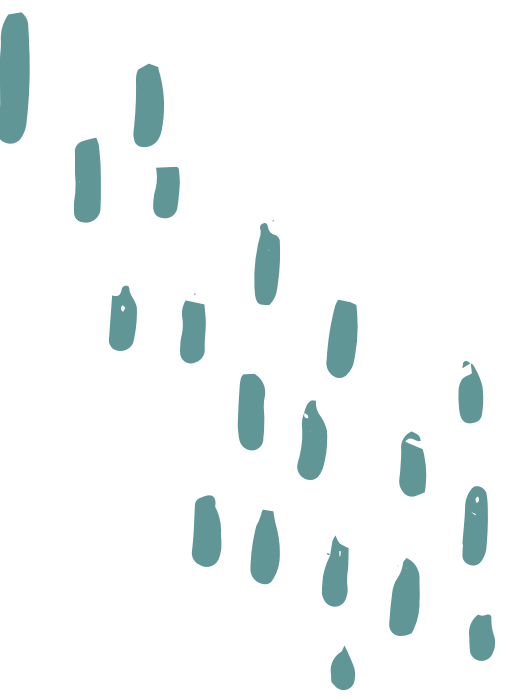


I bring
balance and
light to my
reproductive
system



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt



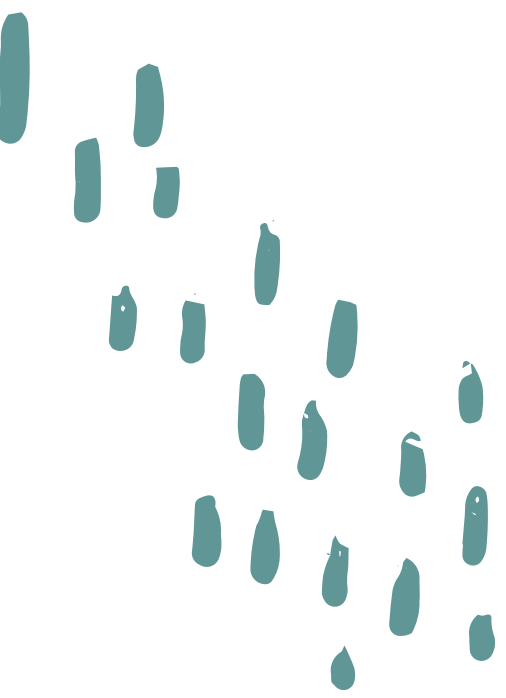
I have an
abundance
of healthy
eggs



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt



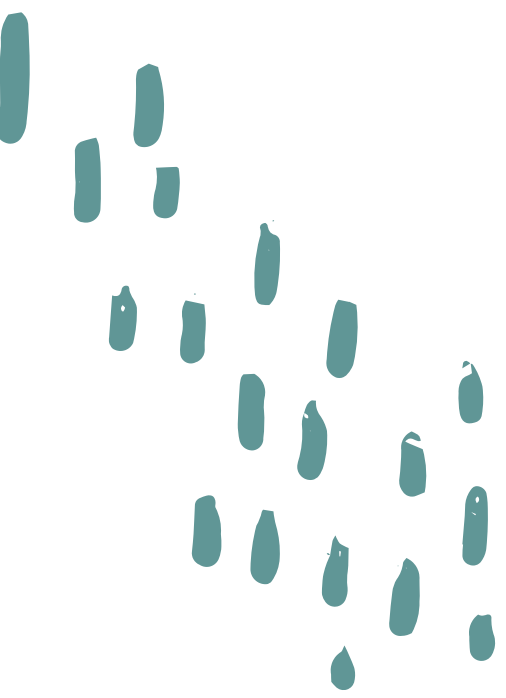
I am a
loving and
nurturing
mother



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Journal Prompt

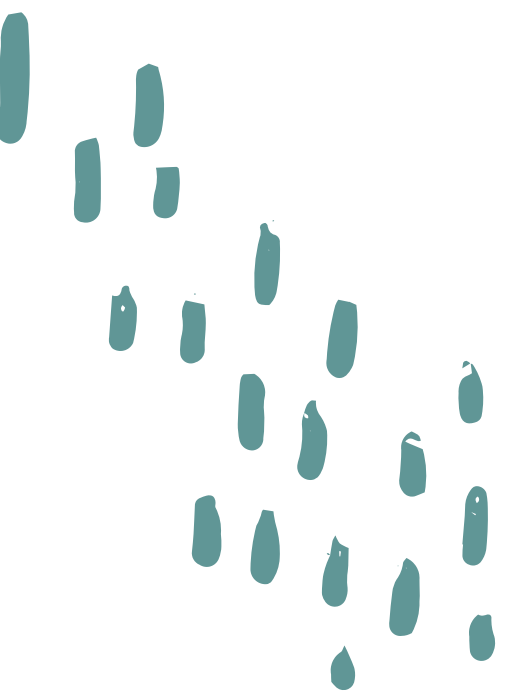


I choose to heal
from past hurts
and
disappointments



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Journal Prompt

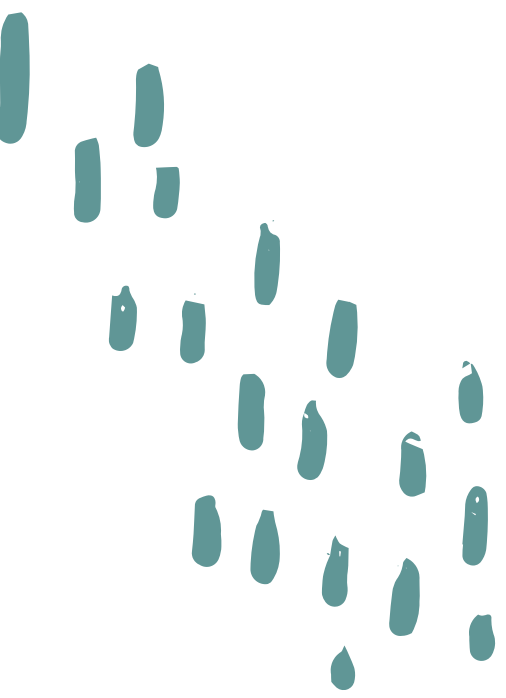


I have
abundant
energy,
vitality and
well-being



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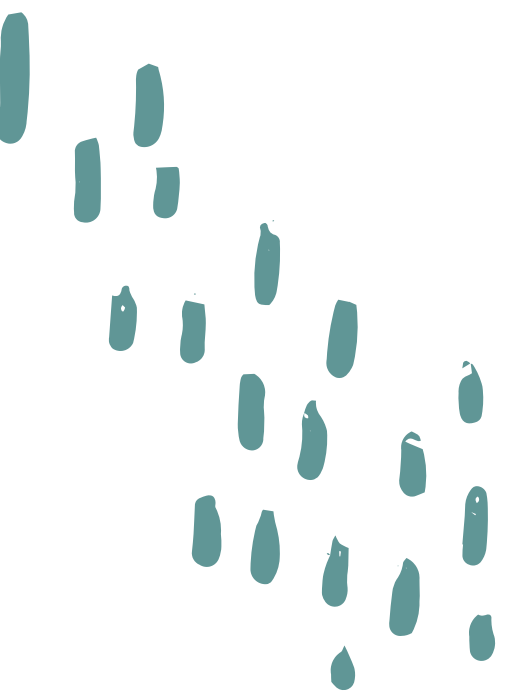


My baby
and I are
ready to
start our
lives
together



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Journal Prompt



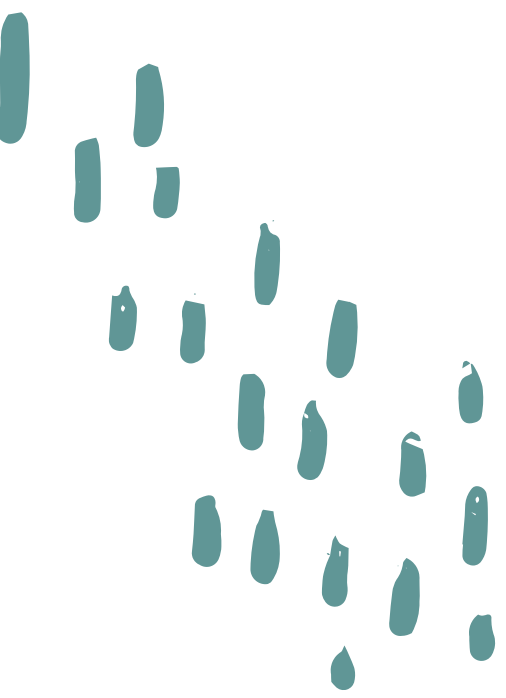
My baby
and I have
love and
support



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Journal Prompt

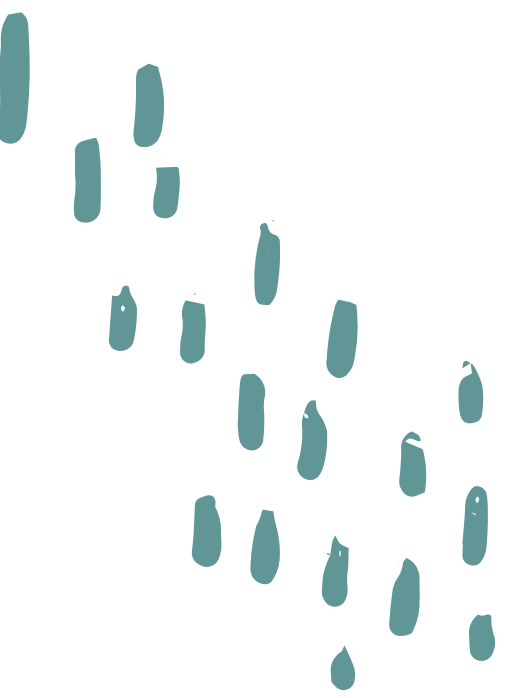


I am
preparing
for a
comfortable
pregnancy



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt



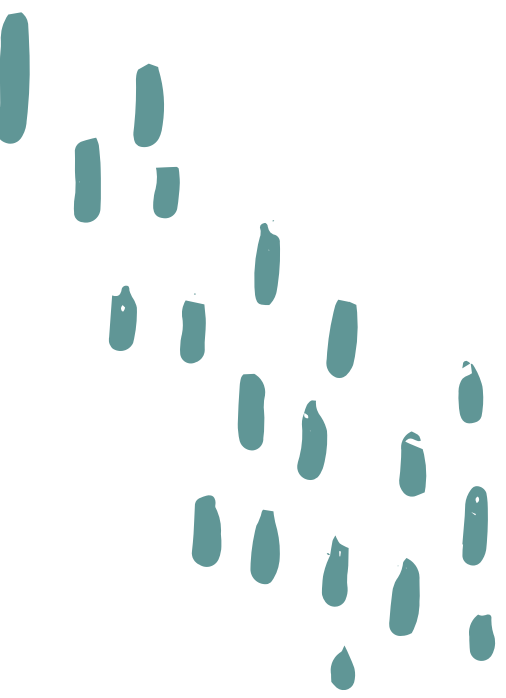
My baby is
safe inside
my womb



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt

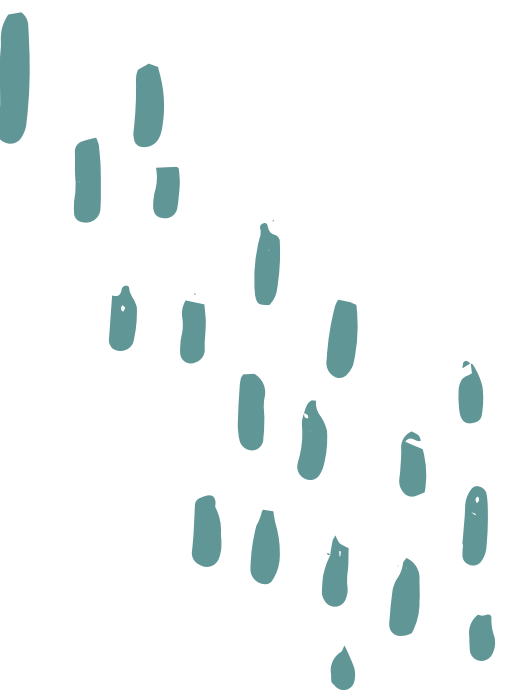


I trust my
instincts to
do what's
best for
myself and
my baby



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Journal Prompt



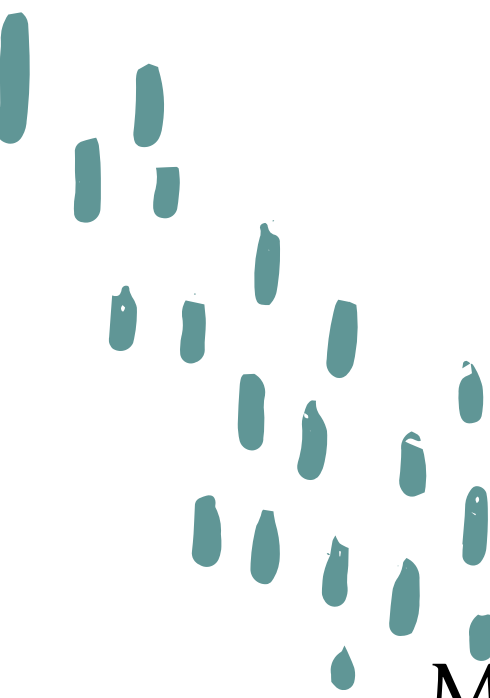
I am capable
of carrying
my baby
full term



WOMEN'S INTEGRATIVE HEALTH



Journal Prompt



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



WOMEN'S INTEGRATIVE HEALTH

Journal Prompt

WOMEN'S INTEGRATIVE HEALTH

LET'S CONNECT

