Wherever your journey takes you,
we're here to help you
remember the details.



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Extra thoughts and feelings:	

What are you excited about?	
	THIS DOOKIET IS WRITTEN BY
	THIS BOOKLET IS WRITTEN BY:
What are you anxious about?	DATE STARTED:
	DATE STARTED.
How has the process of becoming a mother changed you?	
	IF LOST, PLEASE CONTACT:
	Name:
	Contact Info:
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INTRODUCTION	

How long have you been actively trying to get pregnant?	
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How long have you been wanting to become a mother?	
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How have you found ways of letting go of past feelings?
How has this new chapter affected your relationship with your partner?
What are your next steps?

N E X T C H A P T E R

What is your next chapter?
How are you feeling about your next chapter?

Is there anyone close to you that has gone through something similar?
Is there a history of this in your family?
What are the discussions involved with choosing treatment or no treatment? What are doctors or specialists telling you? Have there been any diagnoses?

		Extra thoughts:
Are you currently trying or planning to try any treatments?		
How long have you been doing medical treatments to get pregnant?		
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What does your family look like now?		
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If you have other kids, how has it affected your relationship with them?		
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What three things you are grateful for this month?	Infertility can take its toll on the strongest of couples; conversely it can
	bring couples together. How has it affected your relationship?
What are three productive things you can focus on this month?	
What are three productive timings you can rocas on this month.	
	Has it affected any of your friendships?
How can you show yourself empathy this month?	
now can you show yoursen empathy this month.	

Have you wanted to talk about it with others? Or do you keep it to yourself?	How are you holding onto hope?
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	During this time, it is important to load up on self-care.
	What are you doing to take care of yourself?
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If your family knows about your struggle, are they passive or encouraging?	
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	In the midst of it all, how are you staying positive and grateful?
	What gives you a positive boost in your day?
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STAYING POSITIVE

Has infertility given you a new strength?					
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		PASTE	IN A PICTURE		
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How are you already embodying motherhood in your life?					
Where have you found support this month?					
	Photo details:				

How are you feeling about your body?

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	PASTE IN A PICTURE		
	L		How are you mentally feeling? Have hormones altered your mental state?
Photo details:			
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INTRODUCTION

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How are you physically feeling?			Γ	コ
			PASTE IN A PICTURE	
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DREAMS OF
BECOMING
A PARENT

This section is intended to keep you focused on hope during these trying times.

What are you most excited about? What excites you about motherhood/parenthood?
What are you most nervous about?

I am frustrated at	 	
I am sad about		
I am grateful for		

	What do you envision your family looking like?
F E E L	
What are you feeling?	
	— What are your dreams for your future family?
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	What are you going to do first?
am angry at	

I AM WORTHY OF LOVE, LIFE, AND HAPPINESS

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I AM GRATEFUL FOR AND LOVE MY BODY AND ALL IT DOES FOR ME

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I AM GRATEFUL THAT I AM
A WOMAN

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V	What positive news have you experienced? What helped build you back up?
	What was the best day this month and the worst day this month (and why)?
	What are your triggers?
	What's your worst fear?

Describe your treatment this month. Are you doing another cycle or taking a break?
Do you have a relationship with your doctor?
How do you feel after going to appointments?
now do you leel after going to appointments:
What setbacks have you experienced? What broke you down the most this month?

I'M AWARE OF AND HAVE A GREAT CREATIVE POWER WITHIN ME

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EVERYDAY I AM BECOMING HEALTHIER,

HAPPIER, AND MORE FERTILE

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I AM GETTING CLOSER TO BABY

EVERY DAY

M O N T H

What have you learned this month? How did you find out?
What were your feelings when you found out?
Who did you tell? Did you tell right away?

How did your partner respond? How did they feel?
Are you and your partner on the same page? What are your feelings about how to
move forward? What are your partner's feelings about how to move forward?
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What medications are you taking?
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