

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



What are you excited about?

What are you anxious about?

How has the process of becoming a mother changed you?

THIS BOOKLET IS WRITTEN BY:

DATE STARTED:

IF LOST, PLEASE CONTACT:

Name: _____

Contact Info: _____

INTRODUCTION

How long have you been actively trying to get pregnant?

How long have you been wanting to become a mother?

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?

NEXT
CHAPTER

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?

STAYING POSITIVE

Has infertility given you a new strength?

How are you already embodying motherhood in your life?

Where have you found support this month?

┌ PASTE IN A PICTURE ┐
└ ─────────────────── ─ ┘

Photo details: _____

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 _____

I AM WORTHY OF LOVE,
LIFE, AND HAPPINESS



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



I AM GRATEFUL THAT I AM
A WOMAN

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?

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



EVERYDAY I AM BECOMING HEALTHIER,
HAPPIER, AND MORE FERTILE



I AM GETTING CLOSER TO BABY
EVERY DAY

MONTH
1

Sit down and write each month (or whenever you feel comfortable) to process and help heal.

What have you learned this month? How did you find out?

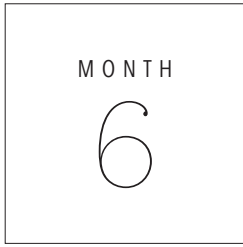
What were your feelings when you found out?

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?

What medications are you taking?



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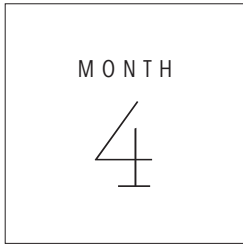
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What three things you are grateful for this month?

What are three productive things you can focus on this month?

How can you show yourself empathy this month?

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