

50 Affirmations For a Fertile Mind, Heart & Soul





For more fertility information,
tools and support;
See www.naturaltransition.com

How can affirmations help you get pregnant?

Every thought you think and every word you say is an affirmation. All of your self-talk or inner dialogue is a stream of affirmations, often negative. You are continually affirming subconsciously with your words and thoughts, and this flow of affirmations is creating your life experience in every moment.

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

It can be difficult to change beliefs and thoughts that you've been "replaying" in your mind over and over again - sometimes for many years.

Affirmations can help you "rewrite" these old messages and change your beliefs and expectations.

Many factors underlie your ability to conceive, not just your reproductive system! Your reproductive system is one part of the bigger picture. In order to conceive, your body relies on a delicate balance between many systems including your endocrine, immune and neurological systems. They all need to be working in harmony for conception to occur and that includes your mind and body connection. Your body is obviously essential but your mind and spirit also play a huge role in your ability to conceive.

Your thoughts, emotions and beliefs have an impact on your body. When you change your thoughts, emotions, and beliefs, you change your body and enhance your natural fertility.

Affirmations are positive statements, which you repeat to yourself daily, preferably out loud and speak as if this is your truth *right now*. Don't worry if you feel self-conscious speaking out loud as you repeat your affirmations, you'll soon get used to it and feel comfortable and more confident as time goes by.

Using This Book

There are 50 affirmations specific to helping women overcome emotional barriers to conception in this e-book. You will find that some resonate with you, others don't. You might only find 5 that seem right for you. That's OK, just use those that seem like a good fit and feel free to reword them to make them yours.

Some of these statements will trigger a major reaction and negative self-talk, some will have little impact. If you find yourself reading an affirmation and responding with a whole heap of negative self-talk, then that's probably an affirmation that you need to say until you believe it. If you don't think you can believe it, see naturaltransition.com/fertility-blocks-EFT for some wonderful resources.

I've left plenty of space for you to journal your thoughts and reactions to each affirmation as you go through the e-book. I didn't want to make the space too structured, but allow for a free flow of your own thoughts and feelings. You might use words, you might like to draw. You might use the space to write your ideas on how you can make it so or rewrite the statements in your own words. Journaling can be a powerful additional to affirmations for bringing your sub-conscious thoughts to the forefront of your mind which helps to bring conscious and lasting changes in your thought patterns and behaviours.

Spend some time on them each day and at the very least, these fertility affirmations will have an immediate and positive impact on your state of mind. They will send a message out there that you're truly ready for your baby.

Contact me at julie@naturaltransition.com if you have any questions on using this book or your fertility and health in general.

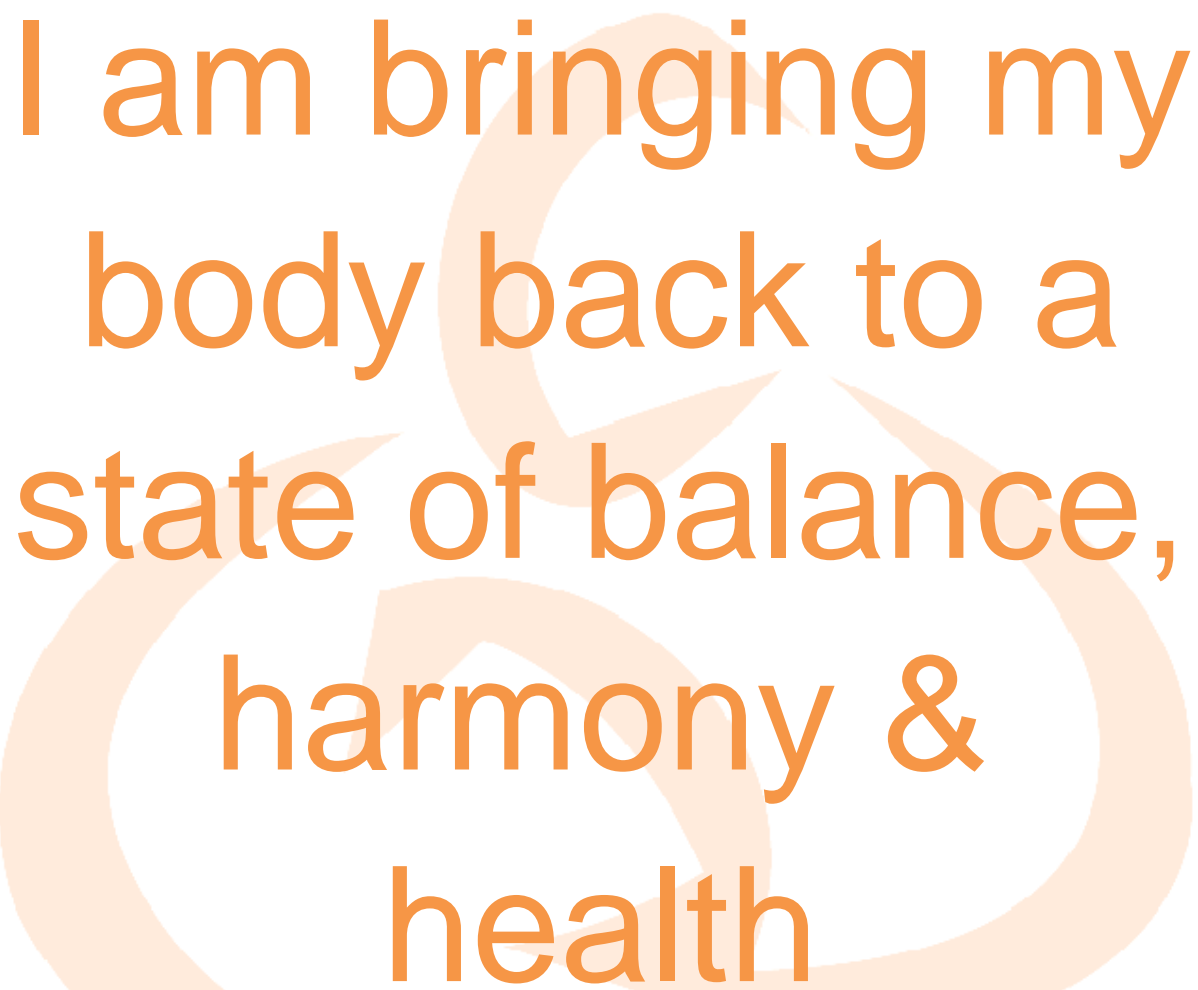
Best wishes on your fertility journey,

xx Julie

Julie Cottle


The Mother's Naturopath

www.naturaltransition.com

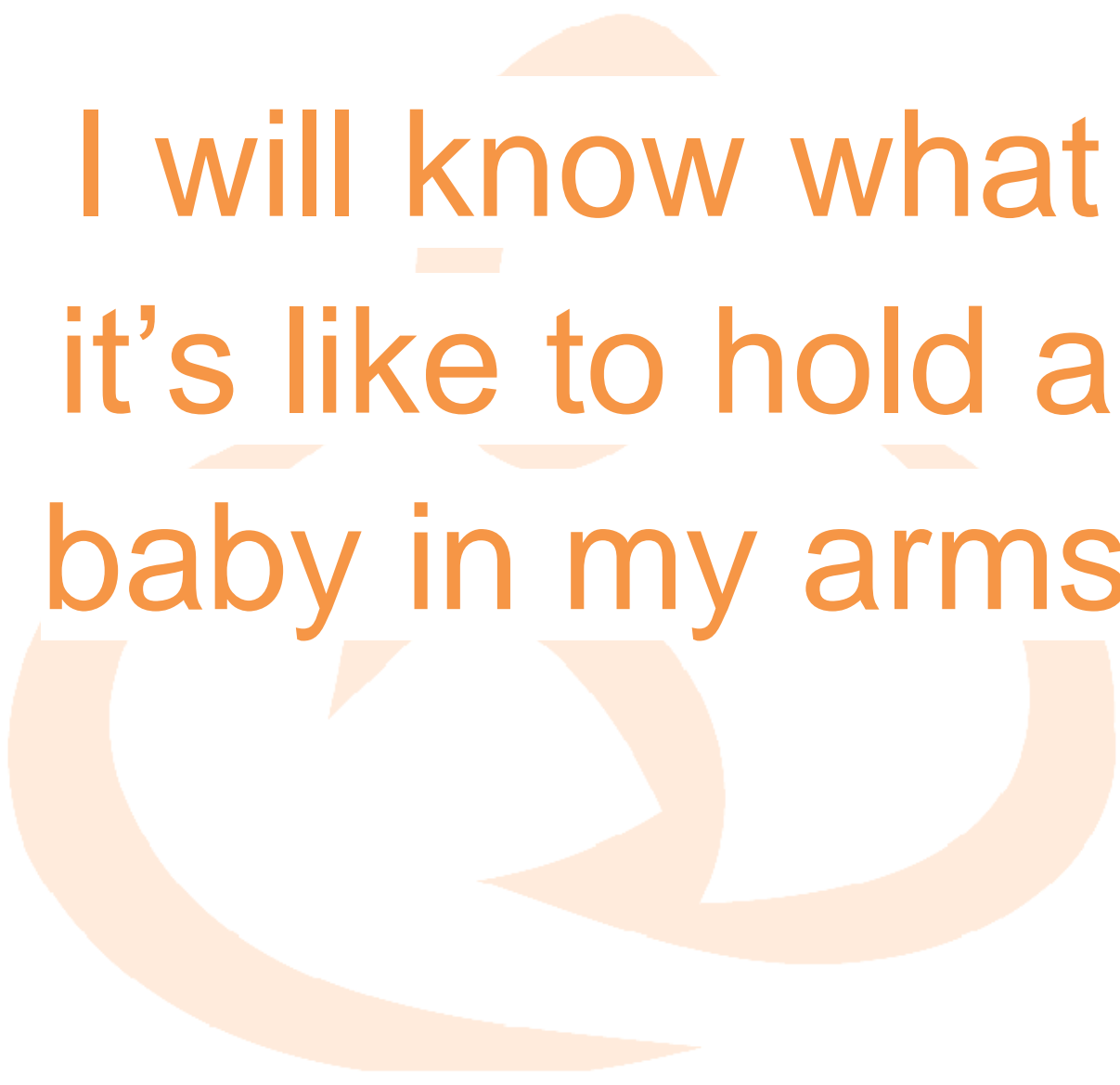


I am bringing my
body back to a
state of balance,
harmony &
health

Notes & Reflections



A series of horizontal orange lines for writing, with a large, stylized orange calligraphic graphic in the center. The graphic consists of three main loops: a top loop, a middle loop, and a bottom loop, all connected and rendered in a thick, smooth orange stroke. The lines are evenly spaced and extend across the width of the page.



I will know what
it's like to hold a
baby in my arms

Notes & Reflections

A large, faint, light-orange decorative graphic resembling a stylized letter 'G' or a calligraphic flourish, centered on the page. The page is lined with horizontal orange lines. The graphic is composed of several overlapping, curved strokes that form a complex, organic shape. The lines are evenly spaced and extend across the width of the page, providing a guide for writing.



I am listening to
my body



I enjoy life and
all the joy it has
to offer



I am making
room in my life
for a baby right
now



I deserve to be
in perfect health



My fertility is
improving every
day



My reproductive
system is getting
healthier every
day

I am in control of
my own health &
fertility



I find it easy to
do all that is
necessary to
achieve a
healthy
pregnancy



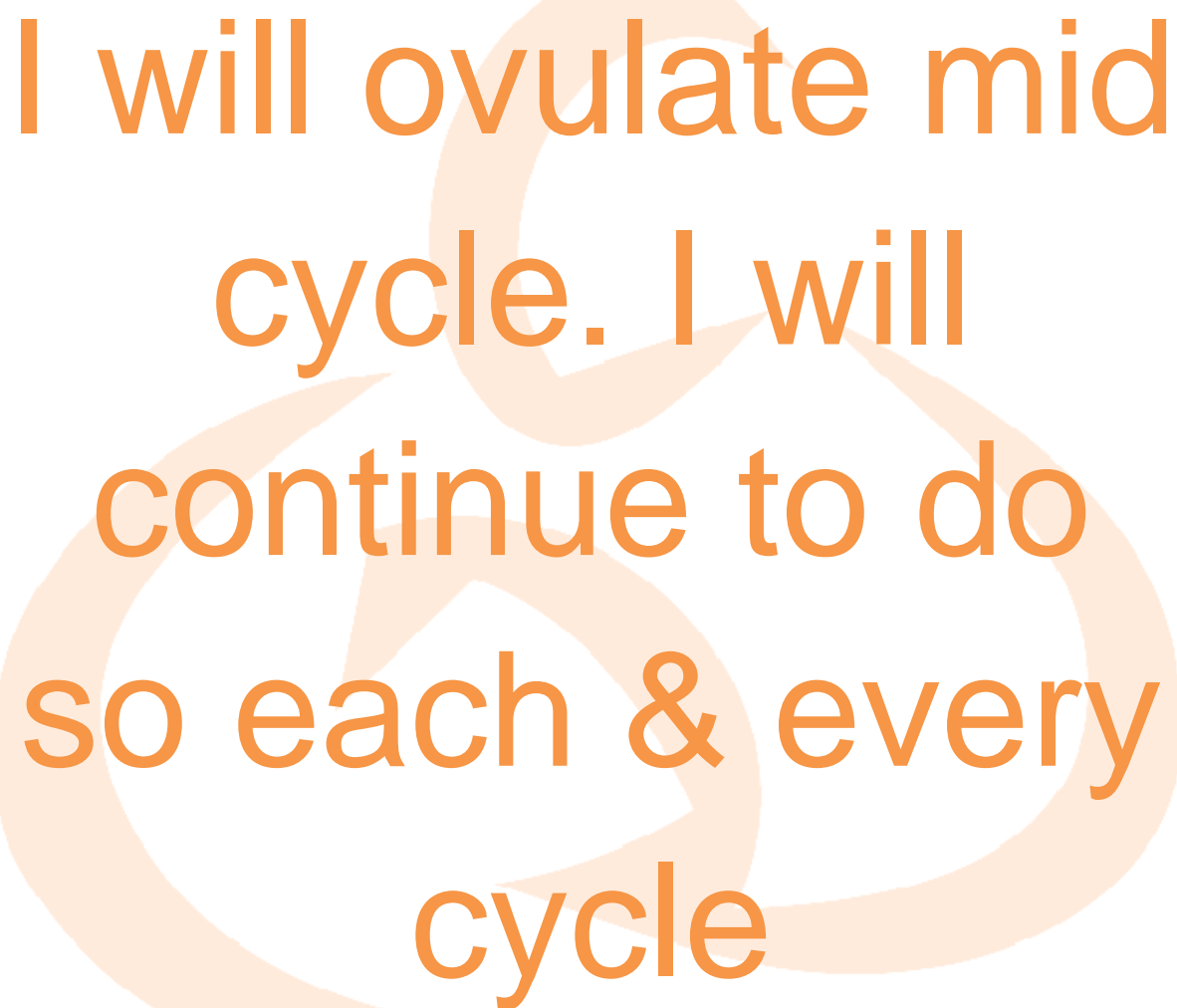
I am confident in
my ability to
nurture my baby



As I relax more
each day, my
confidence
grows



The eggs I
produce are full
of nutrients to
create a very
healthy child



I will ovulate mid
cycle. I will
continue to do
so each & every
cycle



I am confident in
MY ability know
my fertility signs



I allow new
beginnings into
my life

Notes & Reflections




My period
reminds me that
my body is
functioning
correctly

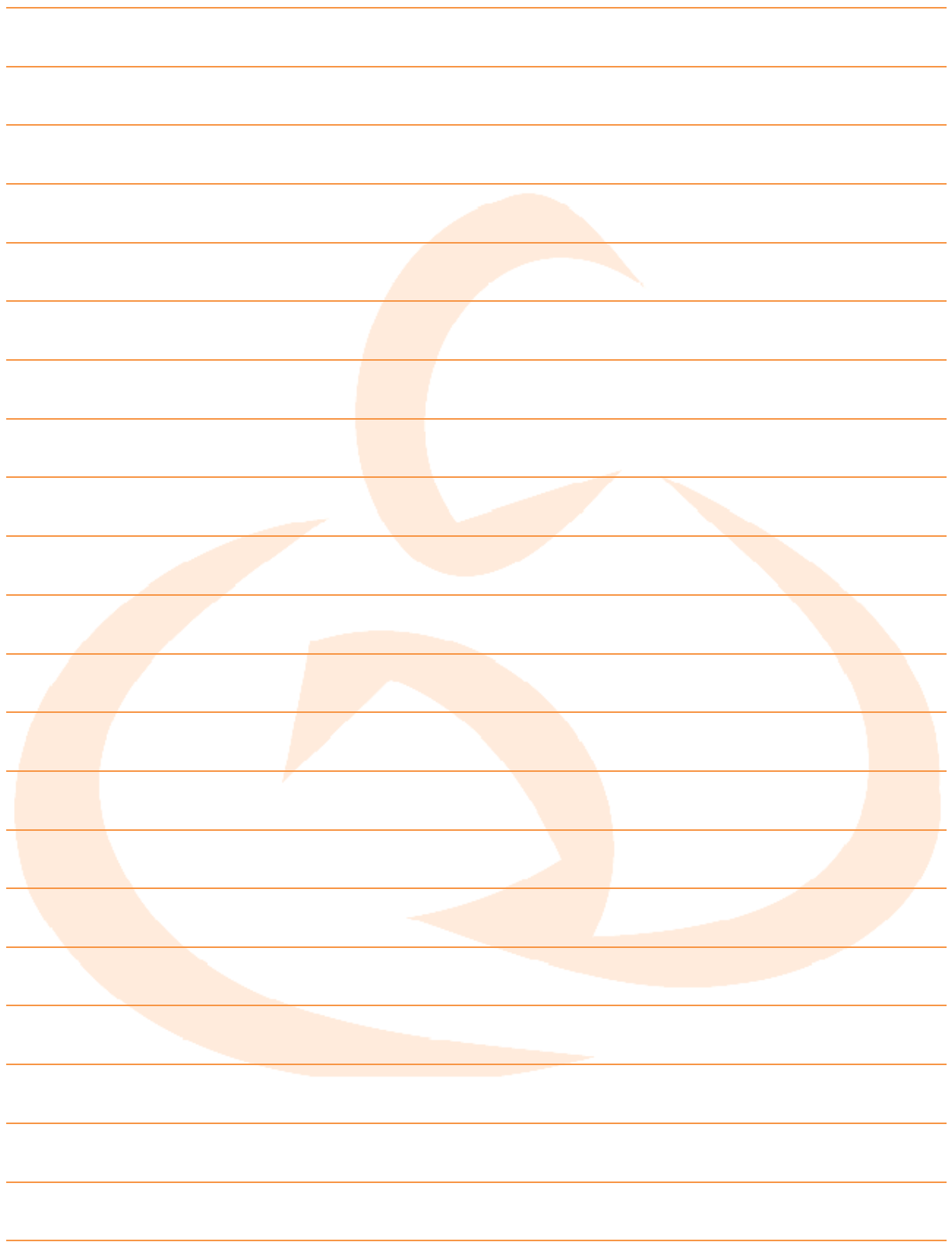


I am now a
loving parent to
myself

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




Notes & Reflections



A series of horizontal orange lines for writing, with a large, faint orange decorative swirl in the center.

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



Notes & Reflections



A series of horizontal orange lines for writing, with a large, stylized orange swirl graphic centered on the page.



I am confident in
my ability to be a
mother

Notes & Reflections

A series of horizontal orange lines providing a space for notes and reflections. A large, faint orange watermark logo is centered on the page, partially overlapping the lines.

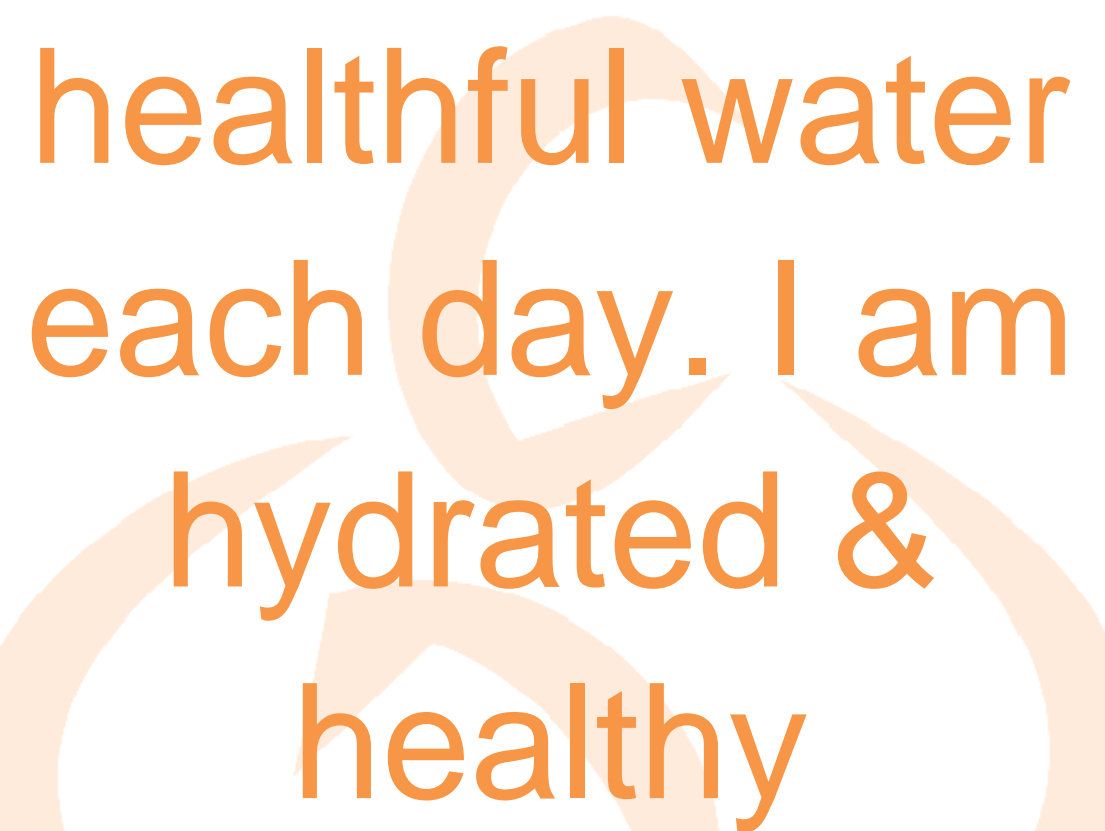


I am fertile

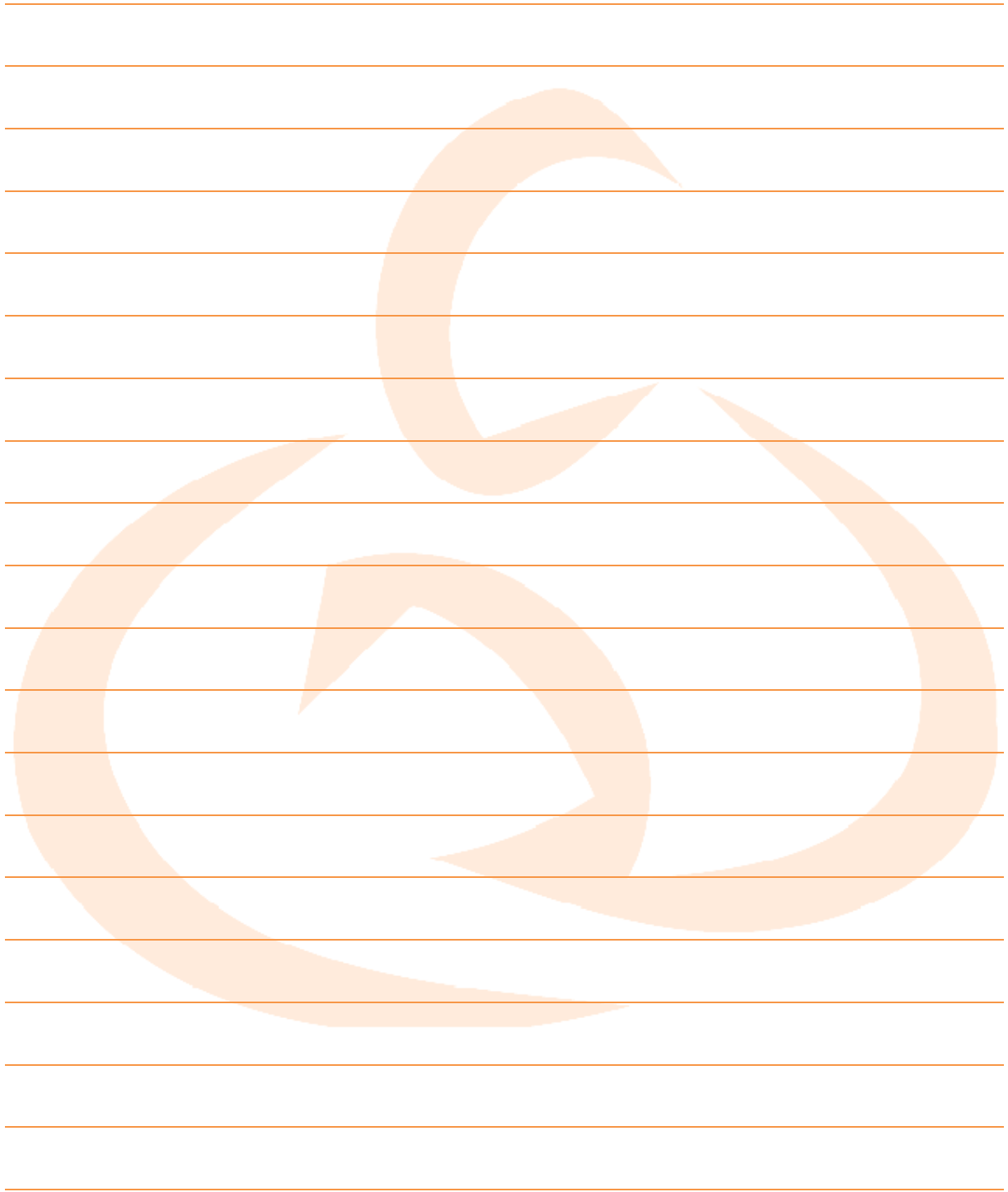
I release all
emotional blocks
that stop me
from conceiving
a baby



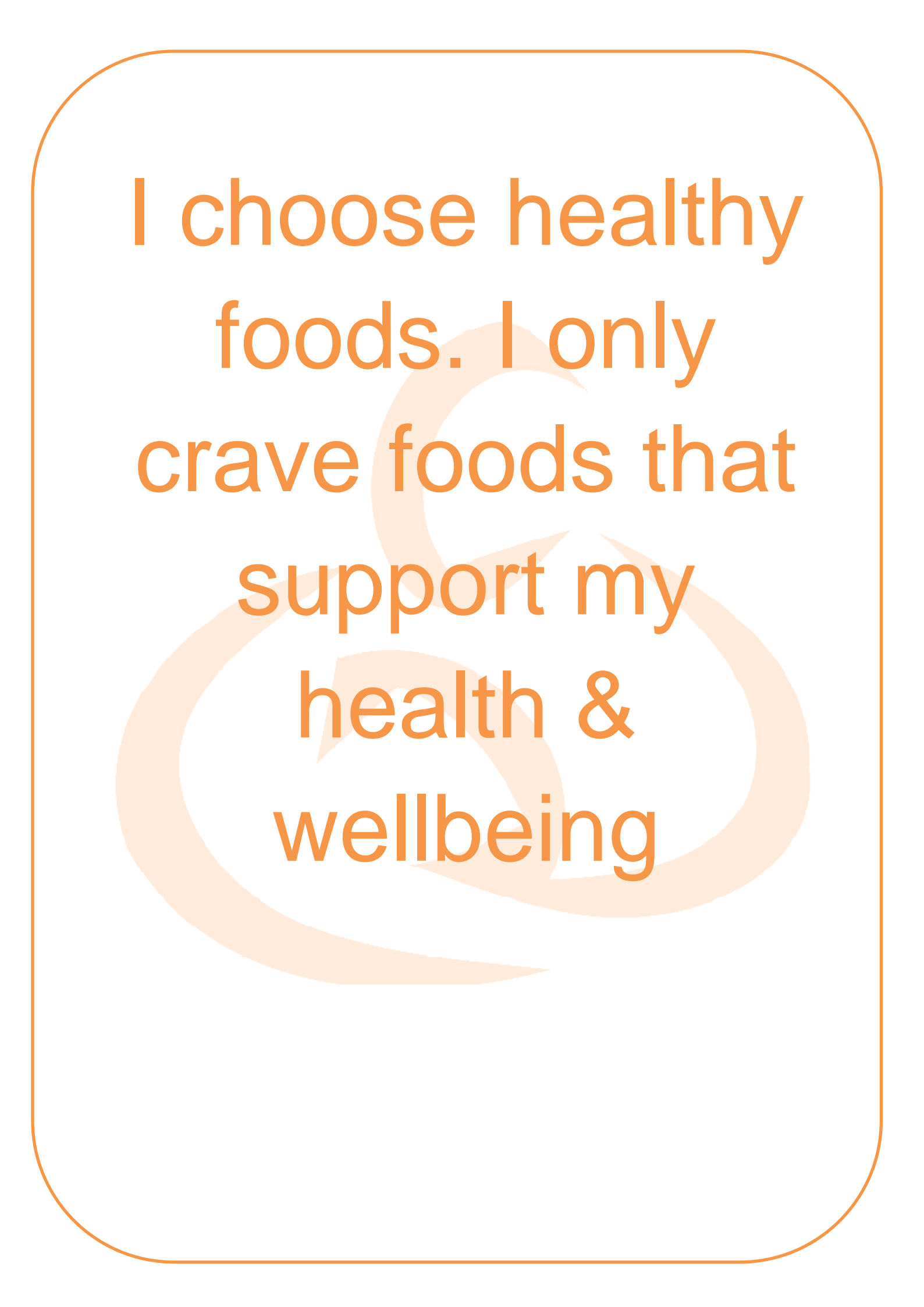
I drink plenty of
healthful water
each day. I am
hydrated &
healthy



Notes & Reflections




A page for notes and reflections featuring a series of horizontal orange lines. A large, stylized orange calligraphic flourish is centered on the page, overlapping the lines. The flourish consists of several sweeping, interconnected loops and curves, resembling a piece of cursive or a decorative initial letter.

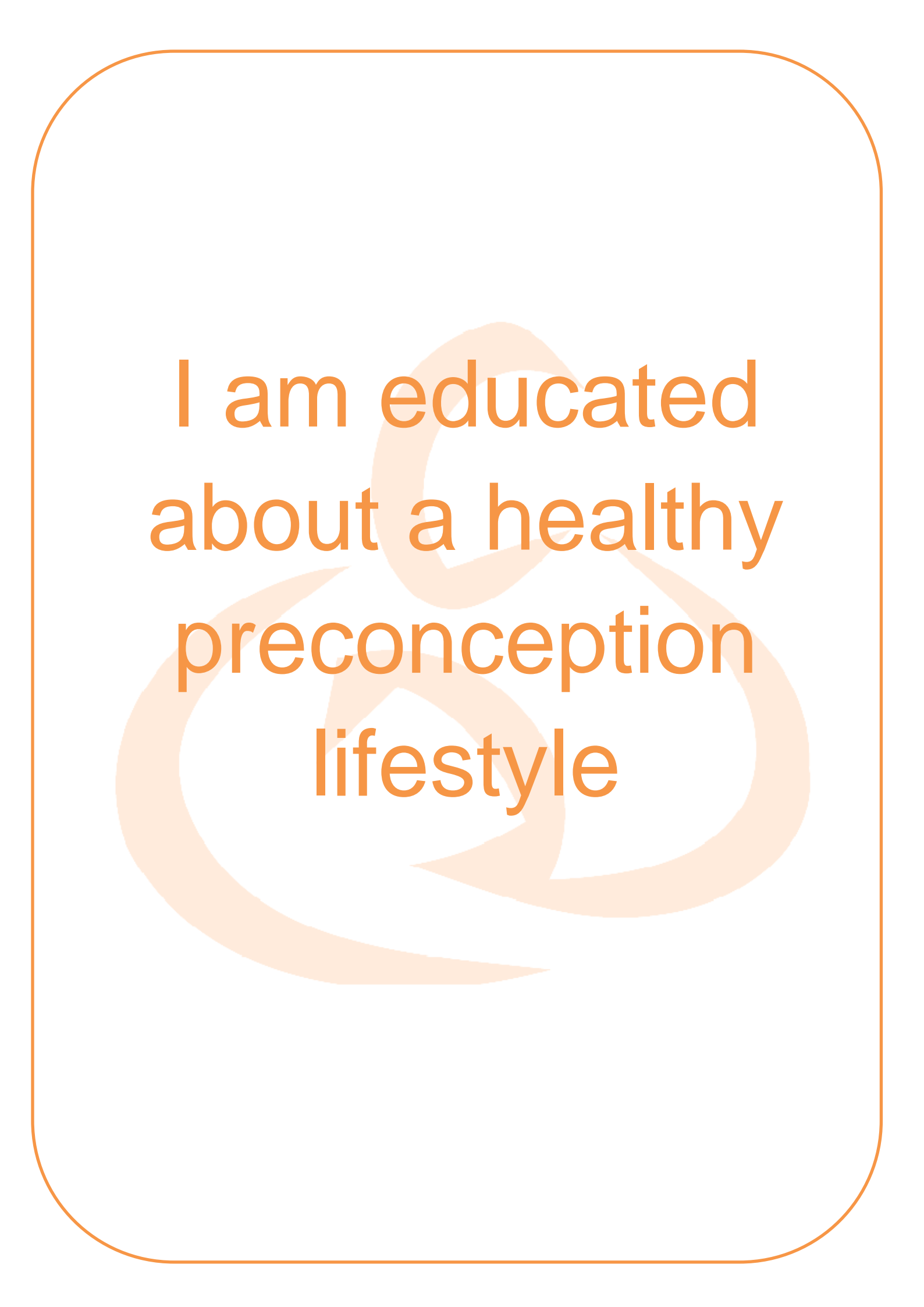


I choose healthy
foods. I only
crave foods that
support my
health &
wellbeing


Notes & Reflections



This page features horizontal orange lines for writing. A large, faint, stylized orange graphic, resembling a calligraphic symbol or decorative element, is centered on the page. The graphic consists of several overlapping loops and curves, with a prominent loop on the left and a smaller one on the right.



I am educated
about a healthy
preconception
lifestyle



I easily avoid
processed foods
and enjoy the
simple foods that
nature provides

Notes & Reflections

A series of horizontal orange lines intended for writing notes and reflections.





I easily avoid
alcohol &
caffeine



I welcome my
time to become
a mother

Notes & Reflections



A large, faint, orange-colored decorative flourish or calligraphic element is centered on the page, overlapping the horizontal lines. It consists of several thick, curved strokes that form a complex, swirling shape, resembling a stylized letter or a traditional calligraphic ornament. The lines are thin and light orange, providing a guide for writing.



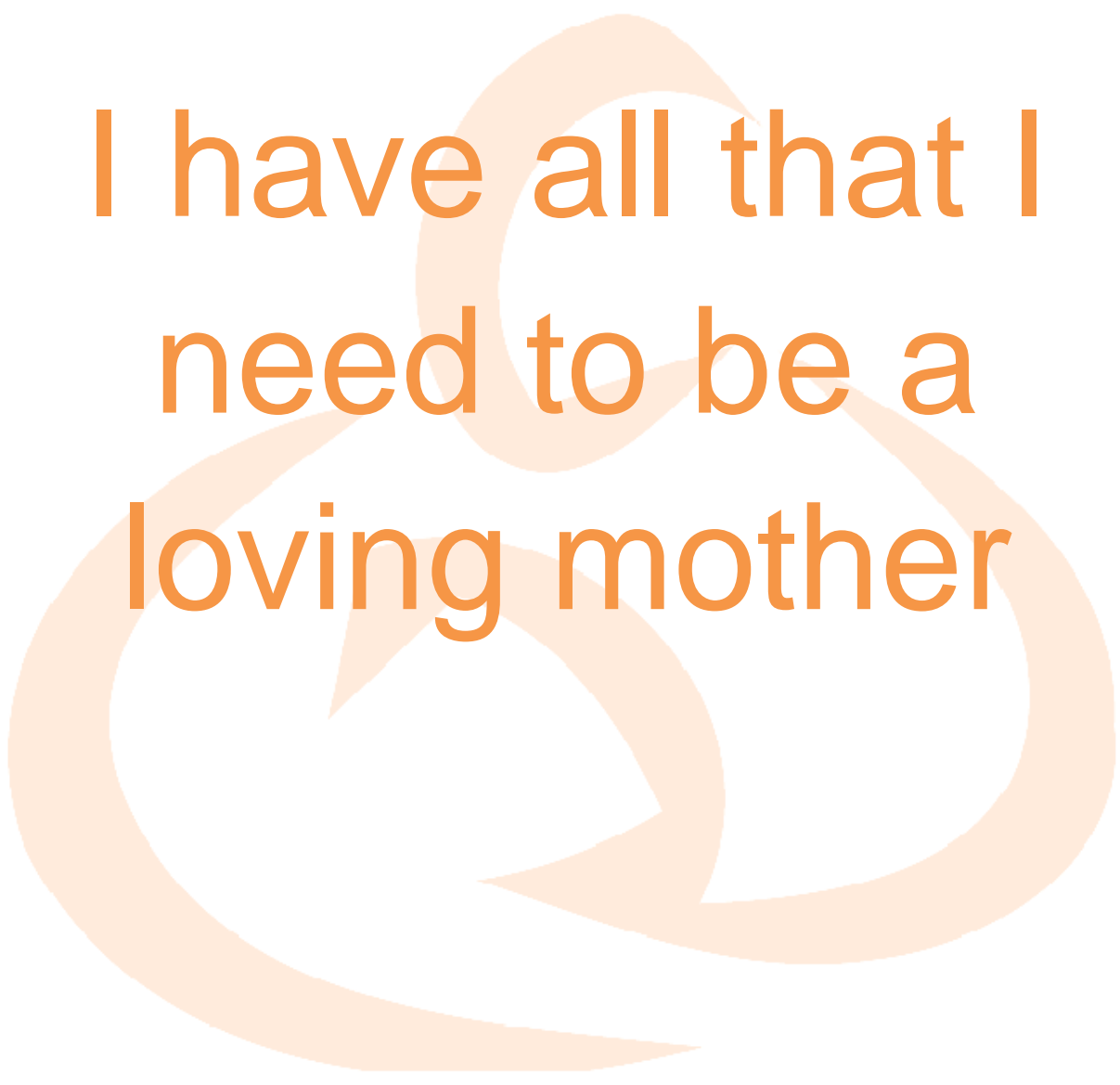
I am safe & I am
loved. I trust my
ability to provide
safety & love to
my baby

My hormones
are becoming
more perfectly
synchronised
every day




Notes & Reflections

Lined writing area with a large decorative orange watermark in the center.



I have all that I
need to be a
loving mother

Notes & Reflections

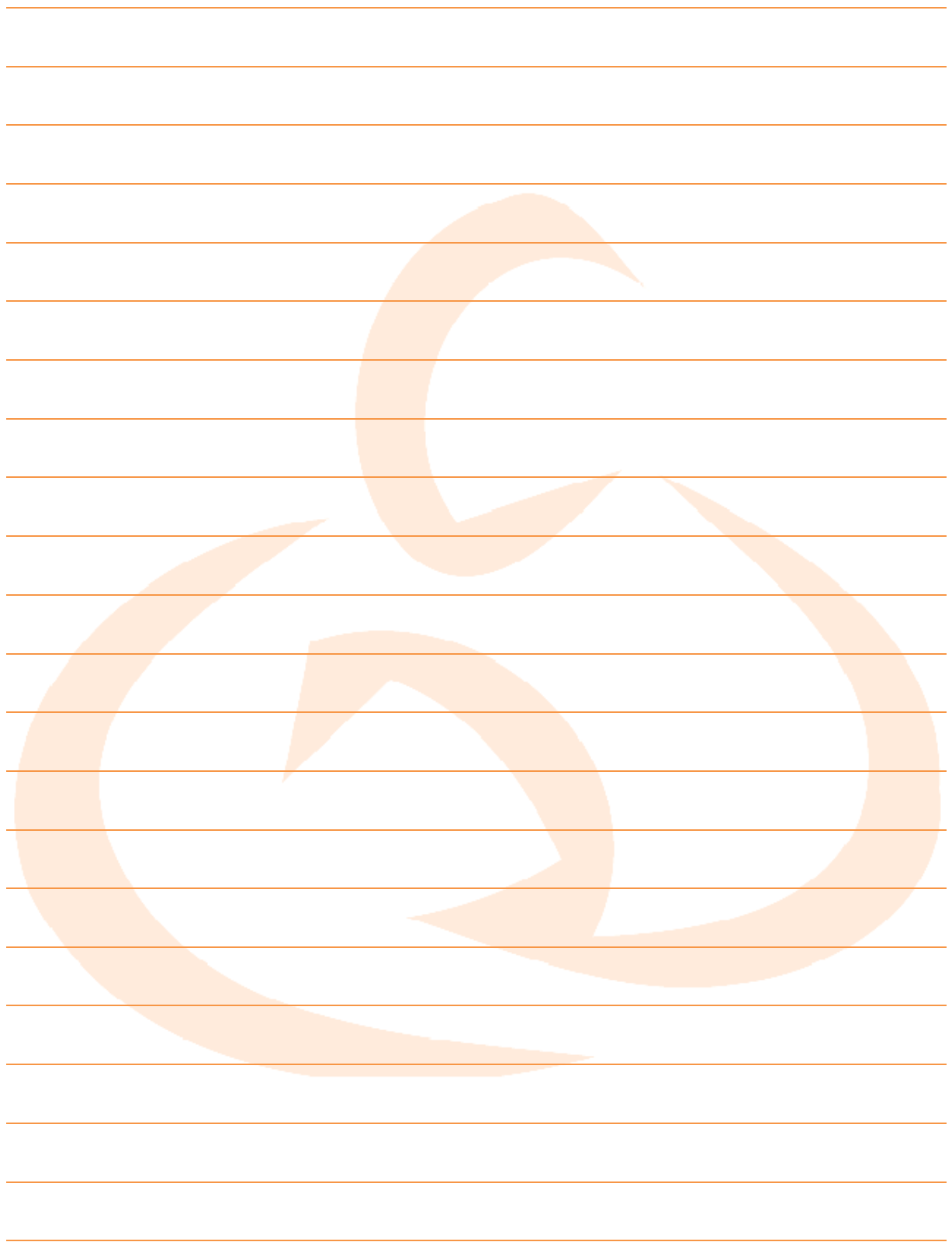


A page of lined paper for notes and reflections. The page features horizontal orange lines spaced evenly down the page. At the top center, the title "Notes & Reflections" is written in a matching orange serif font. A large, decorative orange flourish graphic is centered on the page, partially overlapping the lines. The flourish is composed of several thick, curved lines that loop and swirl together, resembling a stylized calligraphic element or a large letter 'S' or 'G'.



I release my
fears for
pregnancy &
birth

Notes & Reflections



A series of horizontal orange lines for writing. A large, faint, orange decorative flourish is centered on the page, partially overlapping the lines. The flourish consists of several thick, curved lines that form a complex, swirling shape, resembling a stylized calligraphic element or a large letter 'G'.



I love my body

Notes & Reflections

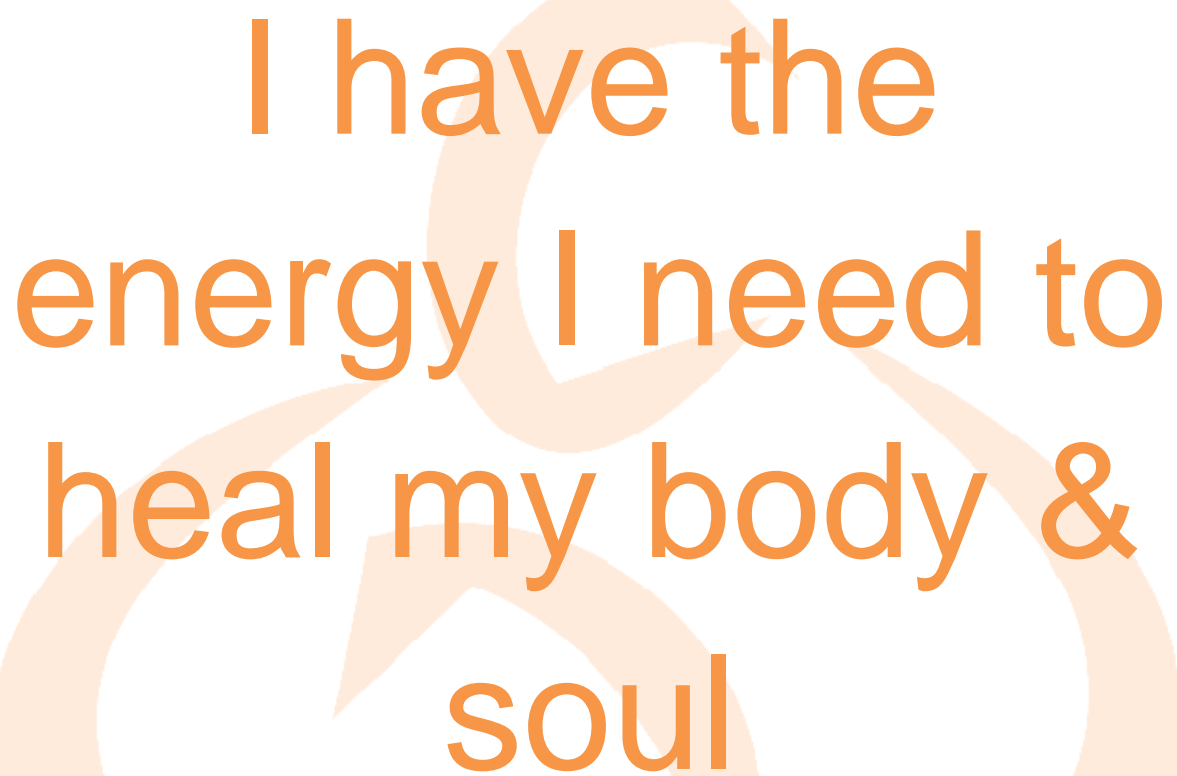




I am whole & full
of love

Notes & Reflections





I have the
energy I need to
heal my body &
soul

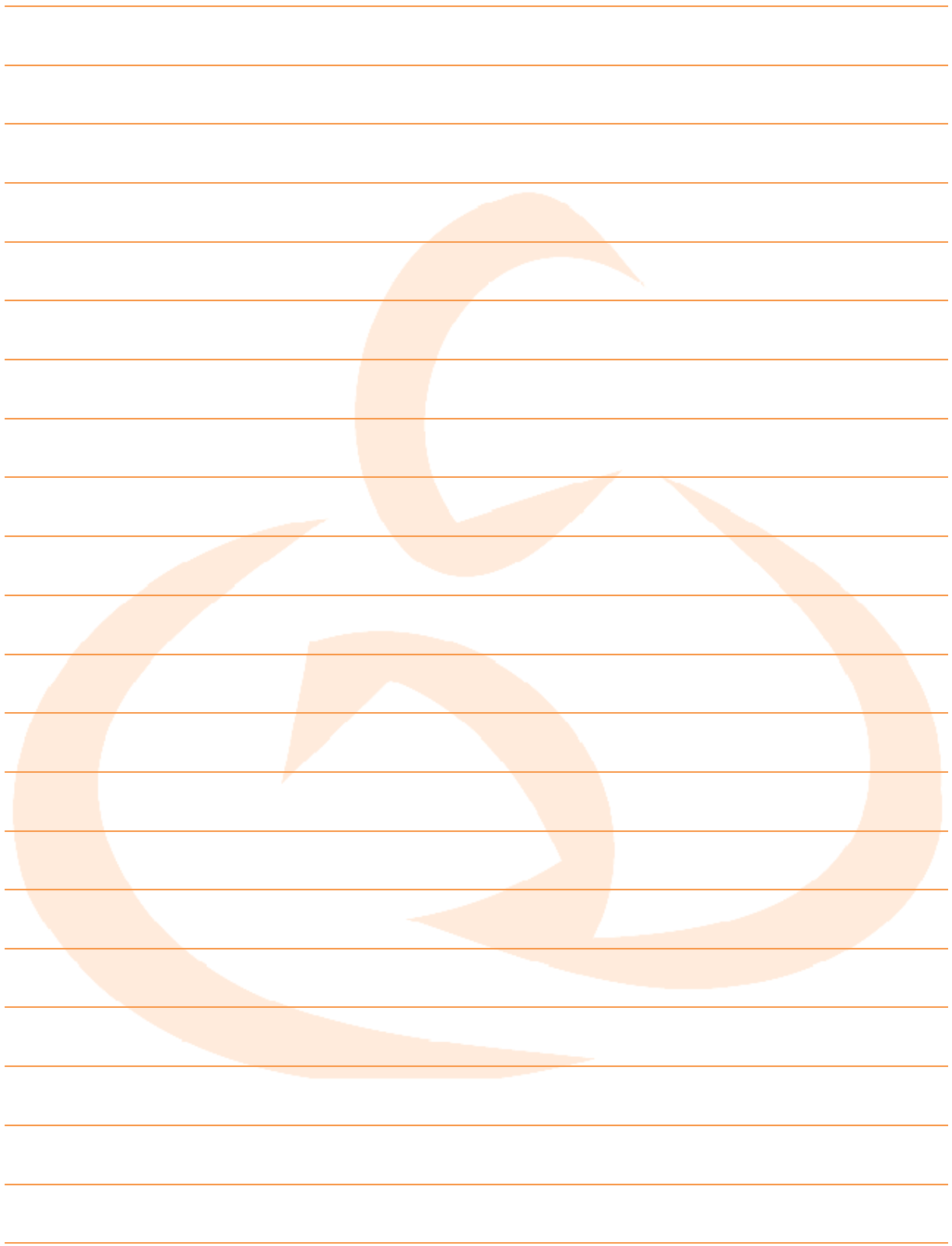
Notes & Reflections

Lined writing area for notes and reflections.



I bring balance
and light to my
reproductive
system

Notes & Reflections



I have an
abundance of
healthy eggs



Notes & Reflections




A series of horizontal orange lines providing a template for writing notes and reflections.



I am a loving &
nurturing mother

Notes & Reflections



A page with horizontal ruling lines for writing. The lines are evenly spaced and extend across the width of the page. A large, faint, orange-colored decorative graphic is centered on the page, partially overlapping the ruling lines.



I choose to heal
from past hurts
&
disappointments



I have a loving &
safe
environment to
grow a child

Notes & Reflections




A series of horizontal orange lines providing a template for writing notes and reflections. The lines are evenly spaced and extend across the width of the page. A large, faint, light-orange decorative swirl or flourish graphic is overlaid on the page, centered horizontally and vertically, partially obscuring the lines.



I have abundant
energy, vitality
and well being

Notes & Reflections

A decorative orange swirl graphic is centered on the page, overlapping the horizontal lines. The swirl is composed of several thick, curved strokes that create a sense of motion and depth. The lines of the page are a light orange color, matching the swirl's hue. The overall design is clean and modern.



I have all the
physical &
emotional
resources I need
for a healthy
pregnancy

Notes & Reflections



A series of horizontal orange lines for writing, with a large, faint, orange-colored decorative swirl or calligraphic flourish centered on the page, overlapping the lines.



My baby & I are
ready to start our
lives together

Notes & Reflections



A page of lined paper for notes and reflections. The page features horizontal orange lines spaced evenly down the page. A large, stylized orange swirl or calligraphic flourish is centered on the page, overlapping several lines. The swirl starts at the bottom left, curves upwards and to the right, then loops back down and to the left, creating a complex, continuous shape. The background is white.



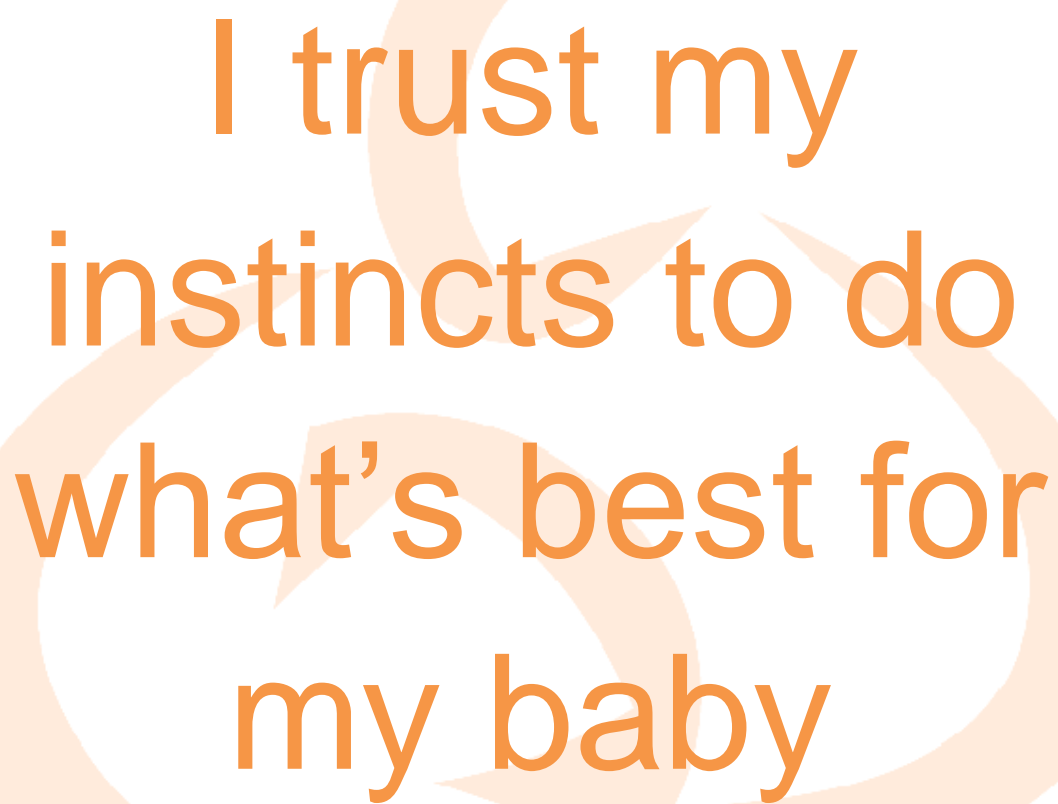
My baby & I
have all the love
& support we
need



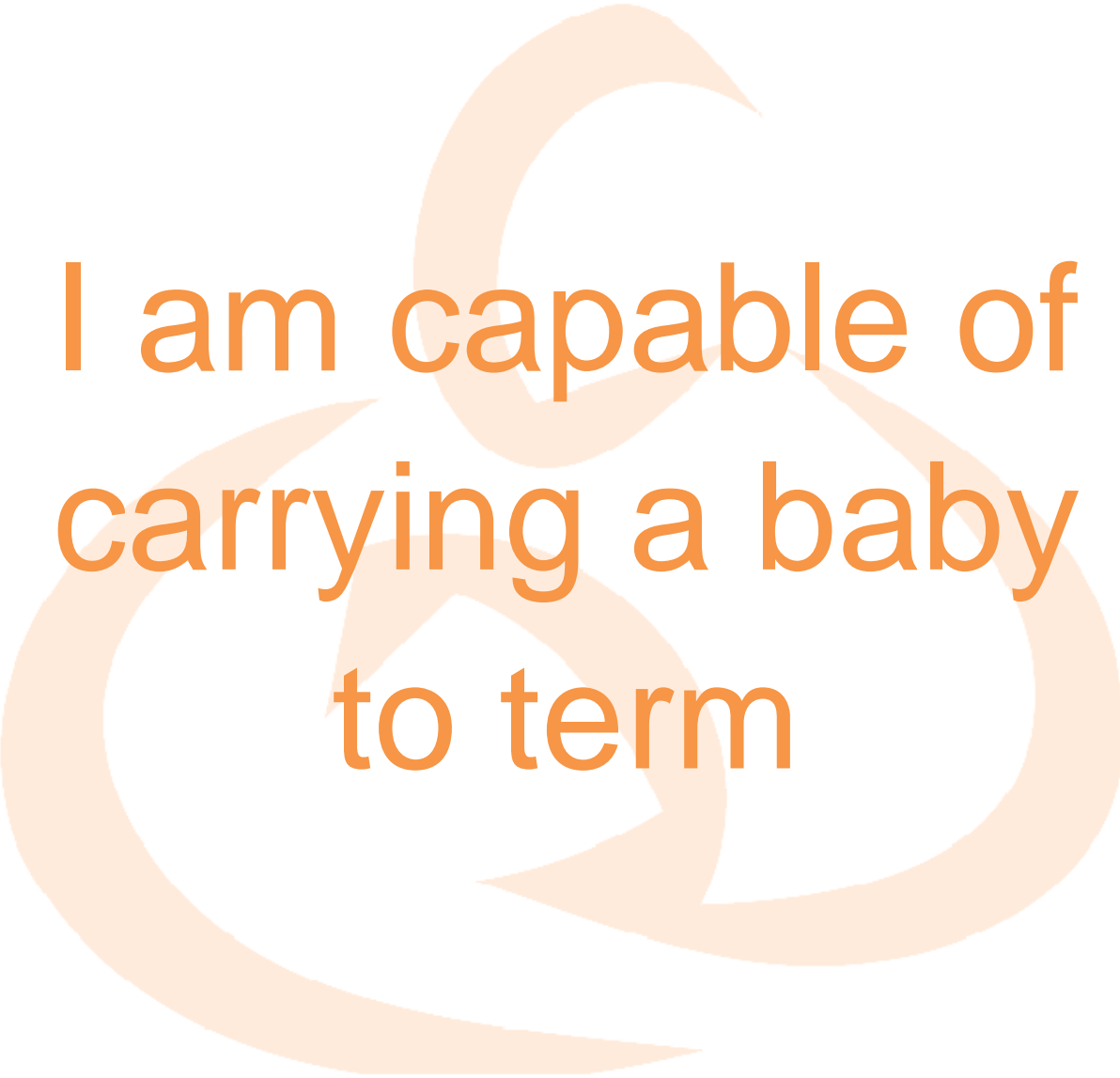
I am preparing
for a comfortable
pregnancy



My baby is safe
inside me




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



I am capable of
carrying a baby
to term

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



Notes & Reflections

Horizontal lines for writing notes.

