

HOLISTIC FERTILITY®

MY JOURNEY WITH THE HOLISTIC FERTILITY® METHOD

A personal tool for noticing my Body, Mind and Emotion as I move forward

This planner is not a list of obligations, and there is no “right” way to complete it.

Its purpose is to help you keep track of what you notice before, during and between sessions: what is happening within you, what supports you, what keeps returning and what may be worth bringing to your next meeting.

You can write a little or a lot. You can leave spaces blank. This planner is yours.

This tool does not assess fertility, predict an outcome or look for a “psychological cause”. It is solely about your experience and wellbeing within the journey.

1. WHERE I BEGIN

Before I notice what changes, I want to remember where I started.

What brought me to the Holistic Fertility® method is:

At this stage, I would like to feel less:

And I would like to feel more:

If nothing had to be “fixed”, what would I like to understand better about myself?

My starting picture

Observation	Today	Later
Inner pressure / tension	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
Sense of calm	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
Connection with my body	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
Trust in myself	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
Space I give myself	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10

The numbers are not a score. They are simply a way to notice where I am.

2. MY SESSION

This page can be printed or duplicated as many times as you need.

Date _____	Before the session - Body _____	Before the session - Mind _____
Before the session - Emotion _____	Today's focus _____	After the session - one word _____

Techniques used during the session

- | | |
|--|---|
| ☐ Reflexology | ☐ Electroacupuncture |
| ☐ Therapeutic Imagery | ☐ EFT Tapping |

What did I notice during the session?

What do I want to remember from today?

What would I like to explore more next time?

Personal practice until the next session - only if agreed:

- ☐ Therapeutic Imagery
- ☐ EFT Tapping
- ☐ Other: _____

3. BETWEEN SESSIONS

I do not need to record everything. Only what stands out.

What appeared or kept returning most:

- | | |
|--|--|
| ☐ A recurring thought | ☐ A strong emotion |
| ☐ Tension or tiredness in my body | ☐ A change in sleep |
| ☐ A change in appetite or my relationship with food | ☐ Pressure from family or my social environment |
| ☐ Something in my relationship with my partner | ☐ Something from the past |
| ☐ A fear around pregnancy / motherhood | ☐ Something that genuinely helped me |

The thought that appeared most often was:

The emotion that needed the most space was:

Something I noticed in my body was:

A relationship, conversation or situation that affected me was:

Something that helped me come back to myself was:

4. MY POINTS OF SUPPORT

Small things that help me stay connected with myself.

When pressure rises, what usually helps me is:

A boundary I need more of at this stage is:

A conversation I may need to have is:

One thing I can do for my body without pushing it is:

One thing I can do for my Mind is:

One thing I can do for my Emotion is:

My personal reminder

5. WHAT I NOTICE OVER TIME

Not to judge my “progress” - simply to notice what is shifting and what still needs space.

Observation	At the start	Today
Inner pressure / tension	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
Sense of calm	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
Connection with my body	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
Trust in myself	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
Ability to pause	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
Emotional burden	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10
Space for joy outside fertility	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10

Something that feels a little easier now:

Something that still needs attention:

A pattern I can see more clearly:

Something that surprised me about myself:

6. BEFORE MY NEXT SESSION

So I do not have to remember everything in the moment.

What I definitely want to talk about:

What has been hardest since the last session:

What has helped me most:

Something that still feels unfinished:

What I need most from the next session:

LOOKING BACK

What have I learned about my Body?

What have I learned about my Mind?

What have I learned about my Emotion?

What do I want to carry forward from this journey?

The goal is not to be “perfect” or calm all the time. It is not to lose myself within the effort.