

HOLISTIC FERTILITY®

MY HOLISTIC FERTILITY® WEEKLY MAP

A practical tool for Body, Mind and Emotion

A reusable weekly planner to help you notice what supports you, what weighs on you and what you may want to bring into your next session. You do not need to do everything. The aim is to see your own journey more clearly - not to create another list of obligations.

This tool is for personal wellbeing and self-observation. It is not a medical tool, diagnosis or treatment protocol and does not replace the medical care you are receiving.

1. MY WEEK AT A GLANCE

Before you begin, give a name to what you need right now.

This week, what I need most is:

What I would like to leave a little further behind is:

My intention for this week is:

Where am I today?

Energy

0 1 2 3 4 5 6 7 8 9 10
very low *very high*

Stress / inner pressure

0 1 2 3 4 5 6 7 8 9 10
very low *very high*

Connection with myself

0 1 2 3 4 5 6 7 8 9 10
very little *very strong*

BODY	MIND	EMOTION
sleep · nourishment · movement · rest	thoughts · imagery · intention · focus	fears · pressure · needs · connection

THE 4 TECHNIQUES OF THE METHOD

Reflexology and Electroacupuncture are applied during the session. Therapeutic Imagery and EFT Tapping may include personal practice between sessions, only in the way agreed for you. This tool does not teach or replace the techniques themselves.

2. BODY

I am not looking for “what is wrong”. I am noticing what my body needs today.

- | | |
|---|--|
| ☐ I slept enough | ☐ I woke up tired |
| ☐ I ate with relative calm | ☐ I skipped meals |
| ☐ I moved / walked | ☐ I felt tension in my body |
| ☐ I found time to rest | ☐ I pushed myself harder than I needed to |

What I notice most in my body this week is:

One thing that could make my everyday life a little more supportive is:

One small act of care I choose - not an obligation

- | | |
|---|--|
| ☐ Earlier bedtime | ☐ More regular meals |
| ☐ More water | ☐ Gentle movement |
| ☐ Time in nature | ☐ 10 minutes without a screen |
| ☐ One “no” where I need it | ☐ Something else: _____ |

3. MIND

What keeps repeating in my mind?

- | | |
|---|--|
| ☐ “I have to make this happen.” | ☐ “What if it does not happen?” |
| ☐ “Time is running.” | ☐ “Something is wrong with me.” |
| ☐ “I cannot stop thinking about it.” | ☐ “I need to stay in control.” |
| ☐ “I compare myself with other women.” | ☐ Another thought: _____ |

The thought that returns most often is:

If I could replace it with a more supportive sentence, it would be:

Therapeutic Imagery - personal practice*

The exercise / image I am working with at the moment:

What I noticed when I practised it:

4. EMOTION

I do not need to “fix” what I feel. First, I need to recognise it.

- | | |
|--|--|
| ☐ Anxiety | ☐ Fear |
| ☐ Anger | ☐ Sadness |
| ☐ Disappointment | ☐ Guilt |
| ☐ Shame | ☐ Jealousy / comparison |
| ☐ Numbness | ☐ Hope |
| ☐ Calm | ☐ Relief |
| ☐ Something else: _____ | |

The emotion that needs the most space today is:

How intense is it right now?

0 1 2 3 4 5 6 7 8 9 10
mild *very intense*

EFT Tapping - personal practice*

The issue / feeling I focused on:

Intensity before

0 1 2 3 4 5 6 7 8 9 10
0 *10*

Intensity after

0 1 2 3 4 5 6 7 8 9 10
0 *10*

What changed - even if it changed only a little?

5. RELATIONSHIPS & BOUNDARIES

My journey does not happen in a vacuum. It happens inside relationships and everyday life.

- | | |
|---|--|
| ☐ I felt close to my partner | ☐ I felt alone in the effort |
| ☐ I found it difficult to talk about how I feel | ☐ I felt pressure from family / social surroundings |
| ☐ I needed to set a boundary | ☐ A past relationship or memory affected me |
| ☐ I cared for someone else when I needed care myself | ☐ I asked for what I needed |

The relationship or situation that affected me most this week was:

What I would like to say - or ask for - more clearly is:

6. MY WEEKLY TRACKER

I am not grading myself. I am noticing patterns.

Day	Sleep	Nourishment	Movement / breath	Imagery*	EFT*	One word for today
Mon	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	☐	☐	
Tue	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	☐	☐	
Wed	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	☐	☐	
Thu	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	☐	☐	
Fri	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	☐	☐	
Sat	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	☐	☐	
Sun	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	☐	☐	

* Only if these practices are part of your personal work within the Holistic Fertility® method.

What pattern did I notice during the week?

On which day did I feel most like myself? What was different?

What helped me more than I expected?

7. BEFORE MY NEXT SESSION

What is worth bringing into our conversation?

What has changed most since the last time is:

What is still difficult for me is:

Something that surprised me or that I understood about myself:

The topic I definitely want to discuss in my next session:

8. THE ESSENCE OF MY WEEK

The week does not have to be “perfect” to have value.

Three things I want to keep:

-
1. _____
 2. _____
 3. _____

One thing I give myself permission to let go of:

One small step I choose for next week:

A REMINDER

The purpose of this planner is not to make you “work harder” in order to become pregnant. It is to help you stay connected with yourself while you continue your own journey.

To do everything that genuinely lies within your power for the child you long for - without losing yourself along the way.