

# one - fertility

Asia's leading community empowering your journey having a baby



## Affirmations

Affirmations are always positive. They are written in presence. They empower you. They set intentions. Best, write your own!

Affirmations show self-love and acceptance. Next time, watch a toddler; they do it all the time. They are proud and voice it out loud if they achieve something. Very often I hear at home, I can do it, yes I did it.

## INSPIRATION

- 1) *I am a powerful, loving and creative being*
- 2) *I am a positive and loving woman*
- 3) *I trust my body to know what it needs to do*
- 4) *I feel confident, I feel safe and secure*
- 5) *I feel natural energy flowing through my body*
- 6) *I feel pre-conception is a wonderful phase of flowering and exploration*
- 7) *My mind is relaxed, my body is relaxed*
- 8) *I feel great about being a woman*
- 9) *I focus my mind and body on a smooth pregnancy journey*
- 10) *I feel my body filled with glowing energy, relaxation and openness to conceive and grow a healthy baby*
- 11) *I deserve to have a healthy baby*

Your one-fertility Team,



*Maika*

## GET STARTED

- ❖ write down your personal affirmation
- ❖ place your affirmation strategically, a place that you visit often each day: bathroom mirror, fridge, home screen of your phone, desk, your safe place, your notebook, ipad home screen etc.
- ❖ repeat verbally whenever there is time (in the cab, bathroom at work, before each meeting)
- ❖ repeat verbally when you go to bed at night

Establish a daily routine using your affirmation!

## FURTHER INFO / EVENTS

Please visit [www.one-fertility.com](http://www.one-fertility.com)

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One-Fertility is an online community that empowers couples along their journey to parenthood. One-fertility provides options, alternatives and is no replacement for a medical treatment. Maika is Fertility Coach certified by Fertility Asia.

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