

"How To Stay Fertile During The Holidays" Experiential E-Guide

By Mary Goyer and Molly Nichols



Discover how to keep your fertility momentum going through the holidays and into the New Year.

Fertility Affirmations



"We choose to welcome love into our relationship"

"My partner and I are deeply connected"

"We are ready for pregnancy"

"We are filled with Love"

"Our love continues to expand and connect us."

"My partner opens to new possibilities."

"I allow myself to receive love"

"We feel a deep and loving connection with our baby"

"I allow my emotions to move through me"

"Our amazing spiritual connection supports our fertility"

"I am connected to my baby"

"I am worthy of parenthood"

"I am pregnant"

"I am fertile"

"I allow my emotions to move through me"

"I allow myself to receive love"

"We are open to receiving my baby"

Create a Holiday Ritual That Strengthens Your Relationships - and Your Fertility.



Which of the following cause you the most stress in the holidays:
Mindless/routine chores that hold no meaning? Perfectionism?
And/or Obligation?

Which one would you most like to transcend – and what will be
the positive impact when you do transcend this tendency?

What's one step you can make this year towards that goal?

What is one of your favorite holiday memories?

Ask your partner to share one of his favorite memories?

List of Needs – Universal to all Humans

(c) 2005 by Center for Nonviolent Communication

Website: www.cnvc.org Email: cnvc@cnvc.org

CONNECTION	PHYSICAL WELL-BEING	PEACE
acceptance	air	beauty
affection	food	communion
appreciation	movement/exercise	ease
belonging	rest/sleep	equality
cooperation	sexual expression	harmony
communication	safety	inspiration
closeness	shelter	order
community	touch	MEANING
companionship	water	awareness
compassion	HONESTY	celebration of life
consideration	authenticity	challenge
consistency	integrity	clarity
empathy	presence	competence
inclusion	shared reality	consciousness
intimacy	PLAY	contribution
love	fun	creativity
mutuality	joy	discovery
nurturing	humor	efficacy
respect/self-respect	lightness	effectiveness
safety		growth
security		hope
stability		learning
support		mourning
to know and be known		participation
to see and be seen		purpose
to understand and be understood		self-expression
trust		stimulation
warmth		to matter
		understanding

What values are most important or meaningful **to you** during the holidays? Circle as many from the list as you like.

What values are most meaningful to **your partner** during the holidays? Use the list for ideas.

Combining both lists, what values are meaningful to **you both** (list 6 or more) during the holidays?

Now pick your top two “values.” What is something meaningful you can do that will help connect you to your values of _____ and _____ during the holiday?

What are some of the ways this new holiday ritual could impact your body for the better (ultimately supporting your fertility)?

Communication Templates

Here are a few communication prompts taken from a larger list, to get you started if you need a little help setting a boundary with family or friends, or you want to make a request.

Boundary Setting

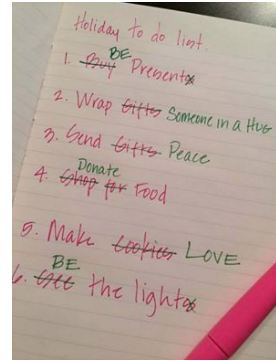
1. I don't know what I need, but thank you for reaching out. Check in again in another few months?
2. I know the family is worried about me. Just tell anyone who asks I'm going through waves of emotion and I want more space right now.
3. Right now, I don't want anyone to fix or say anything. But if I change my mind I'll let you know.
4. I'd rather not talk about this while I'm in work-mode, but I really appreciate your concern.
5. I know everyone wants to help, but advice isn't what I need. Maybe everyone in the family would be willing to help me with something practical, like _____.

Making a Request

1. It'd be great if you asked me every so often how I'm doing. Even if I don't have much of an answer, it feels good to be asked.
2. If you want to support me, here's what would work right now _____.
3. For the next few weeks/months, can you give me a break from hearing about your pregnancy? I'm happy for you, but it's just too hard for me right now.
4. Tell people I'll accept help in the form of: food drop offs, errands, pedicure gift cards, walking the dog for a day or two, watching a movie with me when I don't want to talk... that's really what would support me most right now.
5. If you want to help, ask _____ how he is – maybe he/she needs something!
6. I don't feel like answering emails/calls, but when you send me cards, believe me! I love reading them.
7. I want to create a ritual for the one year anniversary of this loss by _____. Can you participate by _____?

For a list of other helpful communication prompts, please visit [http:// www.aufertility.com/blog/communication-prompts-preganancy-loss-grief](http://www.aufertility.com/blog/communication-prompts-preganancy-loss-grief)

Deepening Intimacy with Your Partner & Unlock the “Power of the Holidays”



Think about what kind of “family drama” – if any – you usually notice at the holidays. When does it hit? What’s the quality? When do you tend to get triggered the most? When does your partner get triggered?

Out of the tips offered for navigating family drama, which ones will you try this year?

What are two intentions you’d like to “seal” into your body physically relating to:

1. shedding old layers

2. resetting/relaxing your body

3. creating a new/upgraded definition of “family” that resonates

Inviting Your Partner to Join You in Your Fertility Practices That Are Important to You



What are some fertility practices you'd love to share with your partner?

What are the concrete results either or both of you could expect if you committed fully to these exercises?

What aspects of your idea are most important to you? Why?

Which aspects of your idea/request are negotiable depending on the needs he mentions?

What's your specific request to him? (Write it out here before you approach him in person, but remember, once you're in the conversation it's all about negotiating a win-win.)

What might you consider doing if he says yes to your request, but you can tell he's not into it?

3 “magic” statements your partner needs to hear approaching the New Year – and why these words feel so supportive to him.

What is the #1 “magic” statement that men love to hear?

What are the three parts to this magic formula for statement #1?

What are some of the things that you appreciate about your partner? How are the gifts he uniquely brings to the table supportive of you?

When are you and your partner most happy – what are you doing? Who are you with? What makes you feel light & connected?

How can you both create more of that lightness and happiness together? How would supporting your relationship change the stress and tension your body holds?

Holiday Gratitude & Appreciation Activity

Having gratitude while on your fertility journey means being thankful and present to the simple pleasures in life and allowing yourself to see that there is a gift in every experience. Practicing gratitude can change and transform your experience through the holiday season while on your fertility journey.

For the next 30 days we invite you to look at your life each day and identify what you have gratitude and appreciation for.

Each day please share how you have gratitude for your body, yourself and your life.

After you write out what you are grateful for in the spaces below, state it out loud by saying:

"Today I am so grateful and thankful for _____".

Day 1: "Today I am so grateful and thankful for _____"

My Body:

Myself:

My Life:



Day 2: "I am so grateful and thankful for _____"

My Body:

Myself:

My Life:

Day 3: "I am so grateful and thankful for _____"

My Body:

Myself:

My Life:

Day 4: "I am so grateful and thankful for _____"

My Body:

Myself:

My Life:

Day 5: "I am so grateful and thankful for _____"

My Body:

Myself:

My Life:

Day 6: "I am so grateful and thankful for _____"

My Body:

Myself:

My Life:

Day 7: "I am so grateful and thankful for _____"

My Body:

Myself:

My Life:

Intimacy and Presence With Your Partner

This activity is for you and your partner. I invite you to feel intimacy, presence and a deep connection for each other.

Process:

Step 1: Set a Date and Time:

- Schedule one hour of a time where you both will be undisturbed and put it in your calendar. **Try your best not to cancel or reschedule.**
- **Date and Time:** _____

Step 2: Create A Loving Comfortable Space:

- For this exercise you will be sitting on the floor, so you will want to create a loving and comfortable space. You can lie down your favorite comfortable blanket to sit on; light candles; play soft relaxing music, etc. Create an intimate space you will both to enjoy.

Step 3: Establishing Connection with Your Partner:

- You and your partner should sit cross legged facing each other with your knees touching. If sitting cross legged is uncomfortable, find another sitting position where you are facing each other and your legs are touching in some way.
- Gently hold each other's hands.
- Close your eyes and take 3 deep breathes.
- Take several moments to connect in whatever way feels comfortable to both of you.

Step 4: Focus Your Awareness on Your heart:

- Next you are both going to want to bring your awareness to your own hearts. Just breathing in and out through your heart spaces for a couple of moments. Quietly just breathing in and out through your heart.

Step 5: Fill your heart with love and compassion for the other:

- Then while still having your awareness on your heart, begin to think and feel love and compassion for your partner.
- Sit facing each other, hand in hand, eyes open or closed and be completely present with each other like this for a 10 minutes or more.
- You can spend the time thinking kind, loving and compassionate thoughts towards the other person; experience how it feels to be still together in this way. Your focus should just be love projected towards each other in whatever way feels best.

Step 6: Share:

- After the 10 minutes, spend time sharing why you love and have compassion for the other person.
- This does not have to be fertility related.
- Look in your partners eyes as you share. When one person is sharing the other is to quietly listen. Allow yourself to fully receive the kind and loving thoughts that are being shared.
- When each person is done sharing the activity, I then invite you to share how you enjoyed the activity or any thoughts you had about your experience and if you did it again what would make the experience better.

Tip: These are only guid lines, not rules. Make this exercise work for you as a couple.

2. _____

3. _____

4. _____

5. _____

Step 3: Share 3 limiting thoughts, beliefs, behavioral patterns or stories that you are ready to let go of and release as you step into 2015.

1. _____

2. _____

Step 2: What are your favorite tools that you will use to remind you to practice self love both in the good and not so good times.

1. _____
2. _____
3. _____
4. _____

Step 3. Set yourself love intentions for 2015. You can fill in the blank to the statements below if you can come up with your own.

My intentions for 2015 that are grounded in self-love are:

In moments of _____ I will practice self-love by _____.

When I am sad I will remember to honor myself by _____.

I will remember I am worthy of self-love because _____.

I will allow myself to enjoy my life this year because _____.

I.....
_____.

I.....
_____.

About The Authors:



Mary Goyer, M.S., is a holistic fertility, pregnancy, & reproductive health specialist who offers safe, natural integrative techniques for couples wanting to be parents.

She draws upon her traditional training in marriage & family therapy and her specialty in holistic, mind-body techniques to offer a new way of approaching fertility, birth & wellness for women. Mary supports women/couples who are dealing with a range of challenges: hormonal imbalances, "infertility", pregnancy loss, relational difficulties, sexual trauma, birth trauma, postpartum depression, anxiety & stress, etc.

Mary works with couples to clear reproductive imbalances, increase fertility, and step into motherhood from a place of connection, confidence, & peace. Her approach, first used to heal herself of cervical cancer, is now offered locally and internationally. Learn more at www.aufertility.com and www.auparent.com.



Molly Nichols - Mind Body Fertility and Visualization Expert, is the founder of The Mind Belly Connection, where she helps women world wide suffering with infertility discover the deeper mental, emotional and spiritual causes for their fertility struggles; so they can finally become pregnant and have the family they have always dreamed of.

Molly helps women connect with a deeper sense of self, to heal from the past and to unleash the powerful fertile energy that lies within them. She is dedicated to honoring each woman where she is today on her journey towards pregnancy and motherhood, inspiring her to see all that is possible for the future of her family and her life.

Molly's own personal seven year fertility journey ended joyfully with the birth of her twins who were conceived through IVF, then 2 years later to her great surprise she found herself pregnant again, this time from natural conception. Molly is now the proud mama of three and dedicates both of her pregnancies to the use of fertility visualizations and the healing powers of the mind, body and spirit connection; techniques she now teaches and shares with thousands of women around the world. To learn more about Molly and The Mind Belly Connection visit www.mindbellyconnection.com