



## Complementary Affirmations for Fertility

### HOW TO USE

When using affirmations, whether in your own practice or a guided experience, it can be more fulfilling to combine personal statements. Choose an affirmation pair based on your needs in the moment, and repeat them aloud or with your mind's eye. Feel free to edit them to make them even more true for you. Remember, the more you believe, the more effective the practice will be.

### Self-Worth

I am worthy of a baby.

I free myself of doubt.

### Welcoming Fertility

I am strong and fertile.

My body is a fertile place.

### Resisting Comparisons

I love and trust my own unique journey.

I release the past and accept my future.

### Forgiveness

I free myself of blame.

I forgive myself.

### Releasing Control

I trust the process.

I let go of expectations

### Accepting Results

I accept whatever arises without judgment.

I embrace whatever arises with unconditional love.