

# FERTILE YOU worksheet

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## INSTRUCTIONS

This exercise is fairly simple but quite powerful. On the following page, I would like you to write or type write or type every word that comes to mind when you think of the word FERTILE.

Feel free to steal some of the words that I used in the lesson, but definitely expand upon these. To inspire you, don't feel like you have to just stick with feeling or emotions. Fertility may be:

- A color
- A sound
- A smell
- A type of music
- A texture
- A location

The possibilities are endless. Remember, you can always come back and add to your list and you go through the course or if you are inspired by other women in the Private Facebook group.

Speaking of Private Facebook Groups, if you feel so inclined, I would love to see you post some of your words/ideas for others to see.

Finally, I would encourage you to print your worksheet (if you haven't already done so to write on), and put it somewhere that it can inspire you and remind you of your innate fertility prowess. Yes, I said fertility prowess. That's you, my friend.

WRITE YOUR ANSWERS BELOW