

# FERTILITY FEARS worksheet

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## INSTRUCTIONS:

You can print this PDF and write in it, or save the PDF file to your computer and complete it there.

The following page contains 2 columns. The column on the left-hand side is your 'FEAR of FAILURE'" column. In it write every fear that comes to your mind when you think about failing as it pertains to:

- Participating in and completing this program
- Your fertility
- Your health
- Your spirit
- Your relationships

The right-hand column has the words "I CAN and I WILL!" Here write down all of the things you can achieve when you acknowledge your fear but break the negative habit of letting it shackle you. This could be the more obvious answer such as 'get pregnant' or 'have a healthy pregnancy', or maybe it is something such as 'feel more confident.'

Once you have completed this worksheet, keep it near you and use it to dance with your fears. Don't let your fears keep you from achieving what it is that you truly desire!

FEAR OF FAILURE

I CAN and I WILL

Wholistic  
FERTILITY

90 DAYS TO BETTER HEALTH  
& ENHANCED FERTILITY