

## Your Inner Fertility Goddess: The Fertility Alter Ego (FAE)

**What is your Fertility Alter Ego's Name?**

**PHYSICAL:** What does she look like? What color is her hair? Is she fair or dark-skinned? How tall is she? What is her body type (Curvy, slender, strong)? What is the tone of her voice? How does she stand?

**STYLE:** What does she wear? What is her favorite color? What is her favorite food? Least favorite food? Does she dislike cottage cheese because of its texture? Is she trendy or an individualist?

**VALUES, BELIEFS, ASPIRATIONS:** What qualities is she most proud of and value most in herself? What does she value in others? What does she aspire to be (occupation, personality trait)? Does she believe in a higher being? Is she religious?

**PERSONALITY:** How would you describe her character or disposition? Is she aloof or hyper-aware? Is she well-read or well-traveled? Is she rebellious or a rule-follower? How does she react to challenges or adversity?

**HOBBIES:** What does she do in her free time or what does she make time for that brings her joy? Is she a reader? Does she like spelunking? Does she enjoy travel locally or abroad?

**WHAT DOES SHE DO TO TAKE CARE OF HERSELF?:** Stretch, walk, yoga, meditation, sing in the shower, monthly massage and manicures, buy herself flowers, run.

**IF SOMEONE TOLD HER THAT SHE WASN'T FERTILE, WHAT WOULD SHE DO?:**

**Challenge:** Post about your Fertility Alter Ego in the Private Facebook Group. Who is she, and how awesome is this chick?! Feel free to update us on her adventures, and let us know if she is so powerful and wildly popular that she has her own Pinterest Board and Instagram page!

**FILL OUT YOUR ALTER EGO DESCRIPTION**
