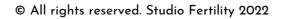
Fertility Unwind: Stress-Busting Challenge Day 2

> What is really going on at the deepest level?

## **Fertility Unwind: Day 2**

### Finding Certainty

1. What can you find certainty in, in your own life right now?



### **Fertility Unwind: Day 2**

# What thoughts are on repeat in your head that you need to challenge?

2. Write down your inner monologue and thoughts and start to challenge them.

### **Fertility Unwind: Day 2**

#### **Deeper Fears**

3. List down 5 things that you feel fearful about and give them a rating from 1-10 about how much they affect you.

