

Fertility Unwind: Stress-Busting Challenge Day 2



What is really
going on at the
deepest level?

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.



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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.
