



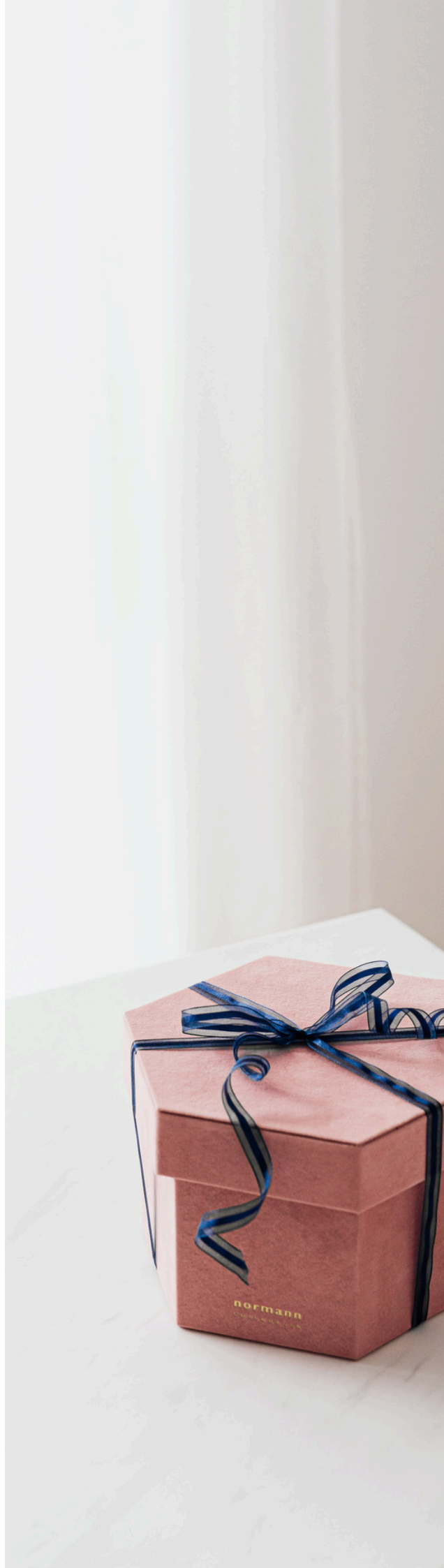
# ENHANCE YOUR CHANCES

HEART AND MIND REFLECTIONS FOR  
YOUR FERTILITY JOURNEY

THERESE SHEEDY | [WWW.MINDFULMOMENTS.NET.AU](http://WWW.MINDFULMOMENTS.NET.AU)

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# Welcome



Hi there, my name is Therese Sheedy.

As a psychologist and fertility coach, I help women on their fertility journey to go from stressed, exhausted, worried, and confused - where they are likely to be damaging their chances of conceiving and carrying to full term - to feeling more confident, powerful, and resilient, able to manage the inevitable highs and lows and find their own pathway to enjoying life again.

I am so glad you have found your way here so that together, we can navigate this emotional minefield that is your fertility journey. Over the next few pages, you will discover why heart & mind reflections play an important part of your fertility journey. You will see how research-backed reflection rituals and practices can actually change your physical health as well as your wellbeing

I hope you enjoy finding things in your day that keep you connected to your heart, your mind and your life, to help unlock your fertility.

Therese xx



# HOW A REFLECTIONS JOURNAL ENHANCES YOUR FERTILITY

You've probably heard about the power of journaling - taking a moment each day to pause, reflect, and tune into your thoughts and feelings.

Research shows that this simple practice can help ease stress, boost wellbeing, and bring a sense of clarity in uncertain times.

It seems simple right?

Or not ... especially if your focus from the moment you open your eyes each day until the time you fall asleep is on questions like: "how do I get pregnant? Why isn't this as easy for me as it is for my friends and family? How do I keep my pregnancy or ... will it finally happen for me?" This constant mind chatter makes it so hard to focus on the things that bring you joy and connect you to your heart & mind - your true self.

What if the simple act of reflecting on things your heart & mind are connected to at the end of each day could positively impact your:

- Physical health;
- Wellbeing;
- Mental health;
- Relationships with those most important to you; and
- Your fertility!

Putting it simply, it can!

But how?

“There is freedom in this present moment, all you need to do is to be here for it”

Reflecting with both your heart and mind helps you feel more connected - to yourself, to others, and to the world around you. This sense of connection creates a feeling of safety, keeps your nervous system calm, and allows you to find moments of joy, even in the hardest times.

There's real science behind this. When you engage in heart-and-mind reflection, your brain releases dopamine - the feel-good chemical that neuroscientists call a 'natural high.' Over time, your brain begins to crave this positive shift, reinforcing a state of calm and wellbeing.

How does this impact fertility? A calmer you with a calmer central nervous system, improves how your system functions. Improving your chance of realising your dream of becoming a parent.

All this is great. **Backed by science** – tick. **It works** – tick.

But how do you actually do this when you aren't feeling particularly present?

What a great question!





## START WITH MINDFULNESS

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The first place to start is with mindfulness. Mindfulness trains you (and your brain) out of the constant chatter you have going on in your head around becoming a parent. Focus on your heart and mindfulness will help to keep you from the spiral of depression around what is not happening, by focussing on what is happening in this present moment.

Right now – with all you have going on in your world – it's time to start focusing on healing your body and calming your mind through your heart & mind reflections.

**Gratitude is the  
conscious reflection  
on joyful moments**



## FIVE TIPS FOR JOURNALLING YOUR HEART & MIND REFLECTIONS

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**Write down your reflections** – use a pen and paper rather than a digital a device. Writing by hand helps you slow down, engage your creativity, and truly absorb what you're reflecting on. It allows your thoughts to flow naturally, deepening your connection to yourself.

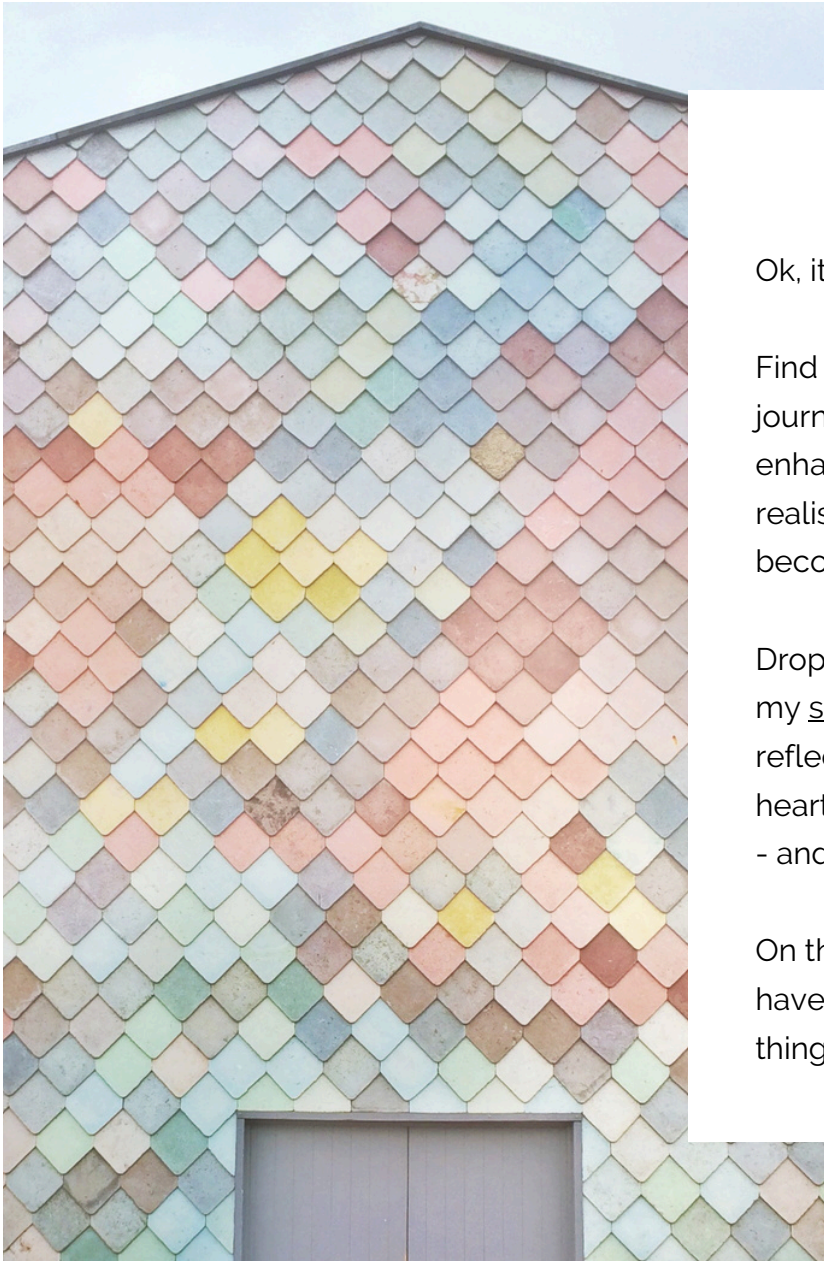
**Focus on the present day** – yes, you have many big things to reflect on. It's easy to get caught up in the bigger picture - your hopes, worries, and dreams. But reflecting on just today can help you notice the small, meaningful moments that might otherwise pass by. Recognising these moments can shift your perspective and remind you that there is more working in your life than you may realise.

**Set up a ritual or routine** – schedule a time of the day you can commit to each day. Make a cuppa, find a peaceful, quiet space and start small. Look around what do you notice? The more you make space for reflection, the easier it becomes to connect with your heart and mind.

**Get creative** – Reflection isn't just about words. You might want to sketch a feeling, jot down a lyric that resonates, or capture a fleeting thought. However you choose to reflect, let it be something that feels natural and true to you.

**Think about your day in categories** – Think about your day in layers. What moment made you feel connected to someone? What did you notice in nature that sparked a feeling of peace or joy? What made you smile today - what connected to your sense of humour, your sense of beauty, or your sense of connection?

Don't wait for everything to be perfect  
before you decide to enjoy life



Ok, it is time to start!

Find a comfy spot and start journaling your reflections to enhance your chances of realising your dream of becoming a parent.

Drop me a line or comment on my [socials](#), and let me know how reflecting on your day with your heart & mind has helped you get - and stay - calmer.

On the next couple of pages I have some prompts to make things a bit easier





## REFLECTION PROMPTS TO HELP YOU GET STARTED

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Not feeling the love? Stuck in not knowing where to start your Heart & Mind Reflections Journal?

Here are a few ideas to broaden your eyes, connect you with your day and your life and get you started.

### **1. What did you see today that brought a smile to your face?**

Was it your partner or a friend's name pop up on your text messages? Seeing someone let someone else go first in a queue? A whole body hug from your furry friend? Or perhaps it's the sight of a rainbow after the rain....think about your day and what you smiled at today.

### **2. What's the best thing you ate today?**

Think about where your food came from. Who prepared it, or if you prepared it think about who grew it for you? Think about all the people in the supply chain who contributed to bringing that food to you – whether it was the first apple of the season or your favourite pasta dish. Were others there with you? Who grew it, made it, delivered it to you or where you purchased it, who was involved in selling it? Think about each part of the journey of your food getting to you, playing a part in contributing to your enjoyment.



### **3. Think about nature.**

What did you notice while you were walking or exercising today that caught your eye and helped you think life at that moment is good? Was it something like watching the waves at the beach, or a beautiful tree or flower, or perhaps it was the sound of birds chirping welcoming the morning? Think about what it is about these things that you find pleasing, nourishing. Think about the way nature connects and how it connects to your heart.

### **4. Think about your favourite part of your day today.**

What was it that made it different from the other parts? Was someone else there or involved? Or perhaps it was a time when you were alone and could stop and rest in peace and quiet? What makes that time so special? What did you have around you to make it special? Was it colours, textures like a warm blanket/jumper or a favourite spot in the sun?

### **5. What did you notice that was a bit unusual today?**

Was it something someone did, or perhaps it was a cloud formation or the shape of a building? What is there to be grateful for here? Think about the creativity of others to create something different and interesting like a new building. Or think about how the sky continually changes, a bit like our thoughts and emotions, and sometimes a cloud formation can be appreciated because your own mind firstly has noticed it and secondly you can see the beauty in it being a bit different. It might be something only you are noticing.



## 6. What about where you live?

What can you be grateful for in your house, your home? Do you have a favourite spot or love the way the light spreads through your house perhaps? What about your neighbourhood? Who do you have that you connect to or are there great walking tracks nearby? What about your local shire or city, what do they offer that you think is helping improve your life and for those around you? Perhaps there are water or nature reserves or regeneration projects in your neighbourhood?

### A couple of things to remember.

Heart & mind reflections, like gratitude, don't have any 'buts' or 'at leasts' like – "I'm grateful for my beautiful house, but I wish I had a baby to share it with" or "at least I have my lovely partner to share this journey". 'At least' tends to diminish the beauty and its power to heal.

And remember, reflection deepens over time.

You start small, form the habit, you're noticing more and more things that truly connect with your heart & mind. Life feels lighter. The challenges don't disappear - because that's not how life work - but they do become easier to navigate. When your heart & mind are open you're better able to meet those moments with strength and clarity.

# REFLECTION PROMPTS

What 3 things did you see today that brought a smile to your face?

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What's the best thing you ate today? Why did this come to mind?

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How did nature surprise you in a joyful way today?

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What was your favourite part of your day today?

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# REFLECTION PROMPTS

What's one thing that brought you comfort or joy today?

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What did you notice that was a bit unusual today?

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How did you show kindness to yourself or others today?

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Where is your favourite spot to rest and rejuvenate?

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## THANK YOU

This journey is such an important time in your life and I know it is easy to lose yourself in it. Fertility challenges can lead you to lose your identity and your sense of self. It can challenge your closest relationships with your partner, your family, and your friends.

I know that if you consistently reflect on life with your heart & mind, commit to writing at a consistent time of the day and use these prompts, you will reduce your mind chatter - which causes so much anxiety and stress - and you will feel more connected to your life, and have more energy, optimism, and focus.

As a thank you, and to help you continue to build more resilience as you navigate this difficult time, I am offering a **free 20-minute Fertility Coaching Call** to help you identify the major stressors in this journey and what you would like to focus on to give you the best chance at unlocking your fertility. **Simply [click here](#) to schedule a time for us to chat...** I look forward to speaking with you.

Thereze xx

