





MY BALANCED,  
PEACEFUL, & POSITIVE  
*Fertility Plan*

*In the space below, describe the mother you'd like to be. Consider the lessons you'd like to teach, the values you wish to pass along, and what you need in order to be able to do this well.*

*The mother I'd like to be...*



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*Fertility Plan*

*Categorize all of your activities according to which element they fill up for you. You can have activities that fit into more than one column. Circle the ones that align with your mama values.*

*Mind*

*Body*

*Heart*