

## IVF & Emotional Energy — Spiritual Womb Care Worksheet

### 1. Daily Emotional Check-In

- How am I feeling emotionally today?
    - ☐ Calm
    - ☐ Anxious
    - ☐ Hopeful
    - ☐ Tired
  - One word to describe my mood: \_\_\_\_\_
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### 2. Womb Vibration Reflection

- Did I practice any womb-connection ritual today?
    - ☐ Yes ☐ No
  - What sound, music, or mantra did I use to infuse positive energy?
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### 3. Emotional Health in IVF Pregnancy

- Today I took care of my emotional health by:
    - ☐ Meditation
    - ☐ Journaling
    - ☐ Gratitude list
    - ☐ Gentle movement/stretching
  - I avoided these emotional drains today:
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### 4. Spiritual Womb Care in IVF Conception

- Did I speak lovingly to my baby today?
  - ☐ Yes ☐ No
- Today's loving affirmation for my child:

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- Prayer or blessing I offered today:
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### 5. Evening Gratitude

- Three things I'm grateful for today:

1. 

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  2. 

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  3. 

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If you like, I can also **design this worksheet as a soft pastel, printable PD**