

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: _____

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?

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:

4. Spiritual Womb Care in IVF Conception

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

- Prayer or blessing I offered today:

5. Evening Gratitude

- Three things I'm grateful for today:

1. _____
2. _____
3. _____

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