



*Be Positive,*

*Be True,*

*Be Kind*



day 1

*I am ready to love myself, no matter what*



In the next two weeks, I'll show love and kindness to myself by...



*day 2*

*I am gentle with myself*



My favorite things to help calm me down  
when I'm feeling anxious are...

[illegible]

# Sudoku

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

Sudoku is played on a grid of 9 x 9 spaces. Within the rows and columns are 9 “squares” (made up of 3 x 3 spaces). Each row, column, and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column, or square.

day 3

*I am thankful for my body and my mind*



What strengths in my body, heart, and mind have supported me in this journey? What strengths can I draw on today to support me moving forward?





day 4

*I am strong*



What will I do if the result isn't what I hope?

## Find Your Empowerment

I M C A C M Z S T R E N G T H I  
N C O I V C Y L B W B O G S J J  
S E N U R T U R E Q C I R G O K  
P O N H R R R O L O V E A H Y G  
I E E O S U P P O R T E T Y R F  
R J C P S S V E F J F C I J B A  
A E T E O T G R A C E P T K R M  
T T I O B R A V E T H E U X A I  
I P O S I T I V I T Y A D C V L  
O W N B K W P E A C E R E D E Y  
N T C N R R G H E A L I N G Q E

Write down the first 3 words you see above

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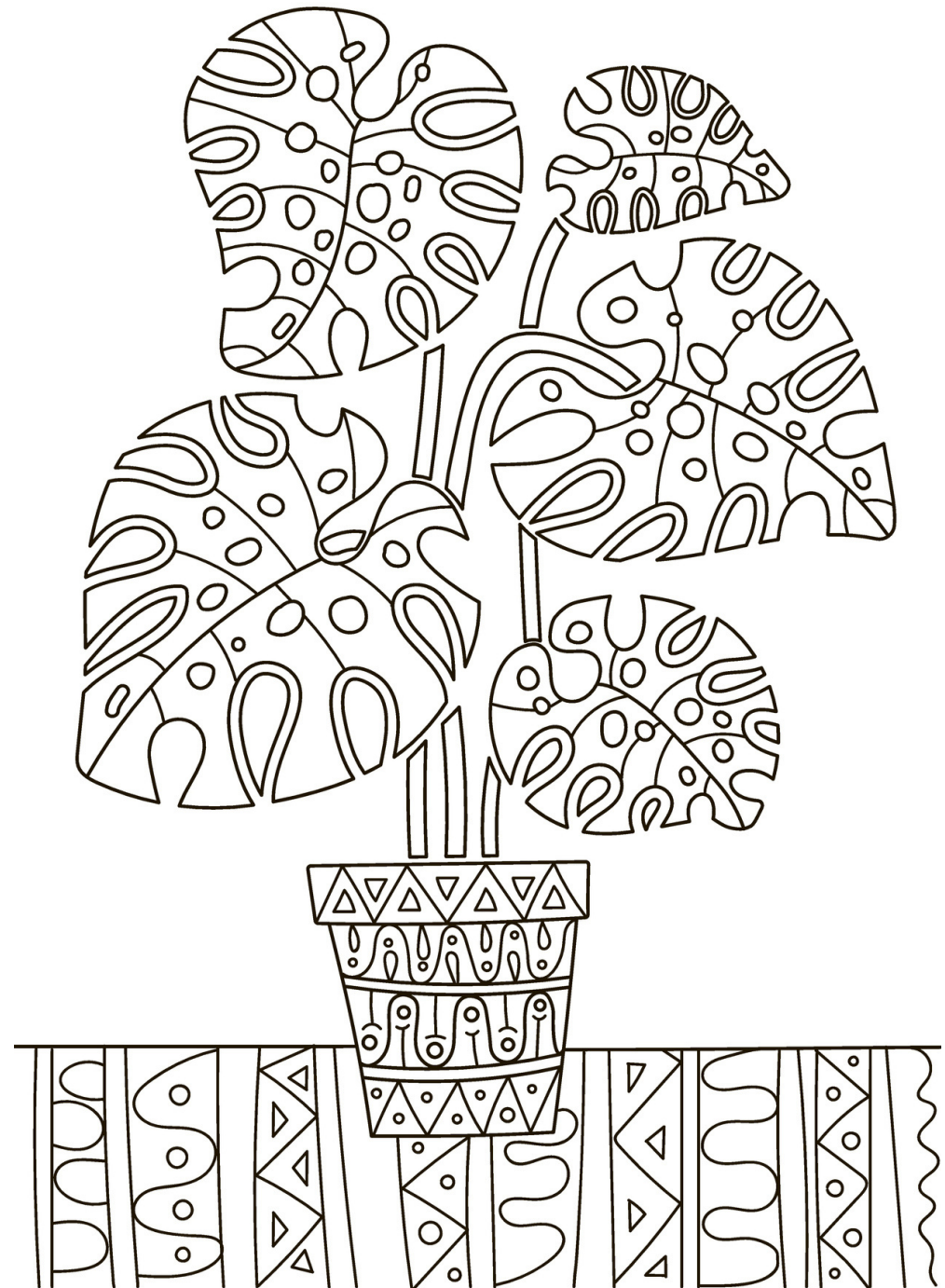
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*day 5*

*I am compassionate*



Write a letter to someone who is about to start their own fertility journey...




day 6

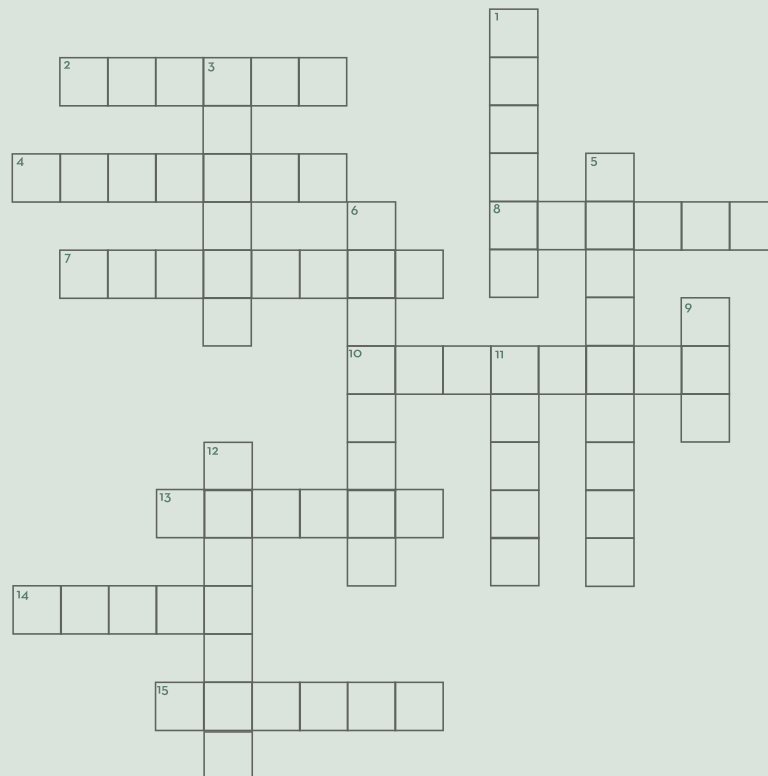
*I have people in my life who support,  
love, and care about me*



Some things I wish others knew about my journey are...



## Positivity Puzzle



## DOWN

- 1 - something you take that is unpredictable
- 3 - brightly colored and blooms in the springtime
- 5 - thankfulness
- 6 - a gift
- 9 - the color of a heart
- 11 - shows on a joyful face
- 12 - telling the truth

## ACROSS

- 2 - a happy heart is a \_\_\_\_ heart (starts with a "j")
- 4 - giving help
- 7 - kind & pleasant
- 8 - helping & kindness
- 10 - warm rays of light in the summertime
- 13 - feeling or showing great care
- 14 - ready to face & endure or showing courage
- 15 - the ability to lift heavy weight (physically or emotionally)

day 7

*There are more things in my life that give my life meaning than my goal to have a baby*



Some things that give my life meaning that I can do in the next week include...




*day 8*

*I am positive*



What brings me joy?

A light green stylized plant illustration is positioned on the left side of the page. It features a central vertical stem with several rounded, leaf-like shapes branching out at different heights. The plant is rendered in a simple, modern style with soft green tones.

# Sudoku

	3			1			6	
7	5			3			4	8
		6	9	8	4	3		
		3				8		
9	1	2				6	7	4
		4				5		
		1	6	7	5	2		
6	8			9			1	5
	9			4			3	

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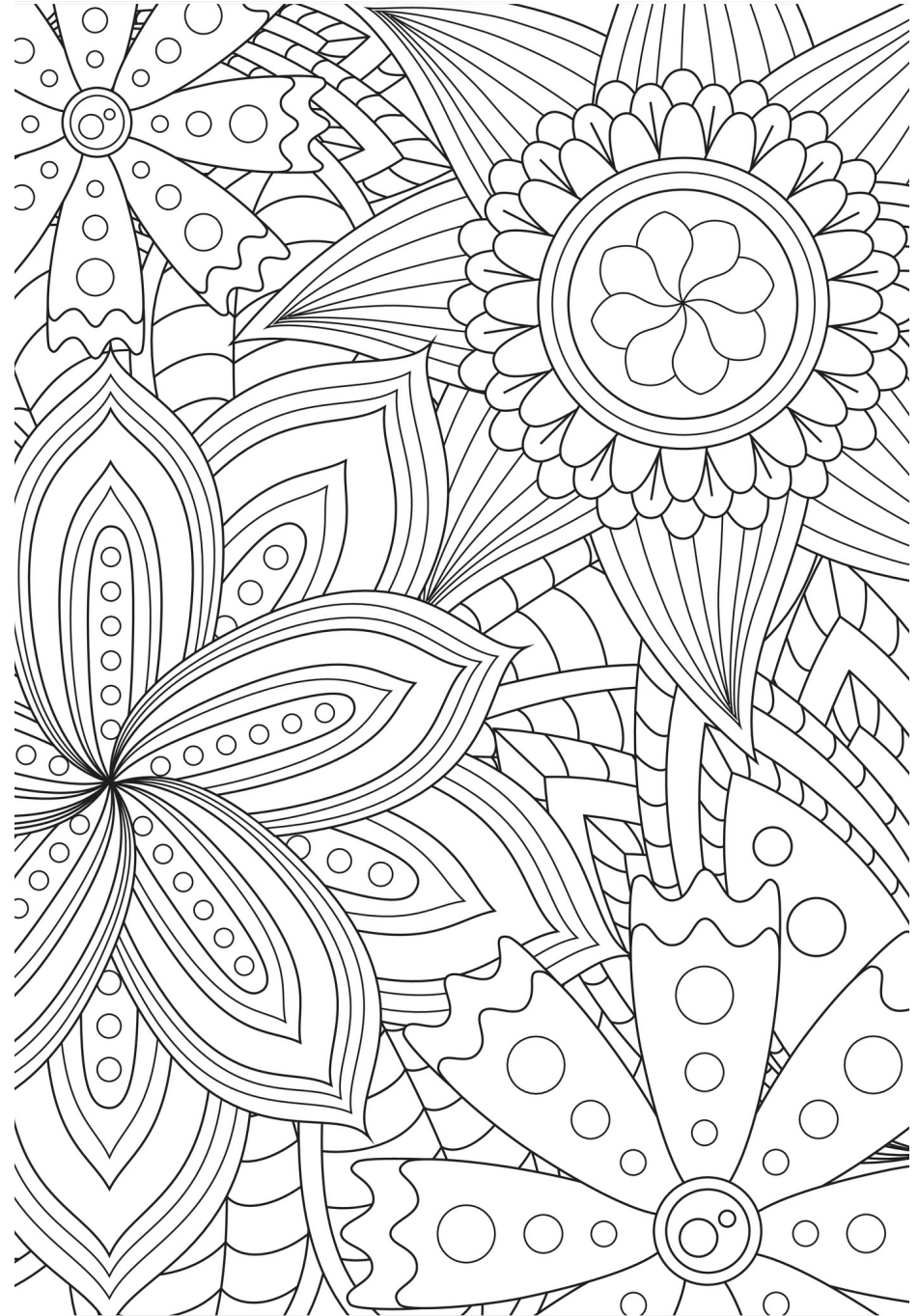
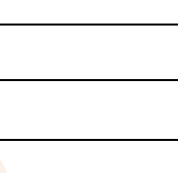


*day 9*

*I am worthy*



How can I show my partner & myself love & support today?




day 1

*I am resilient*



What gives me strength?



## Word Search

I M S A E M P O W E R N P T H I  
N H U I V C Y L P E A C E S J J  
E A N U S T R O N G C I A G O K  
E P S H E R R O L O V E C H Y F  
B P H O R V L A U G H T E R R L  
A Y I P E S T R E N G T H J B O  
W E N E N T H A N K F U L K R W  
E T E O E O R N E T H B R A V E  
B P O S I T I V I T Y A D C V R  
R E L A X I V D A L K I N D E S  
N T C N E R E O C O U R A G E E

positivity  
kind  
strength  
brave  
courage  
thrive  
relax  
thankful  
serene

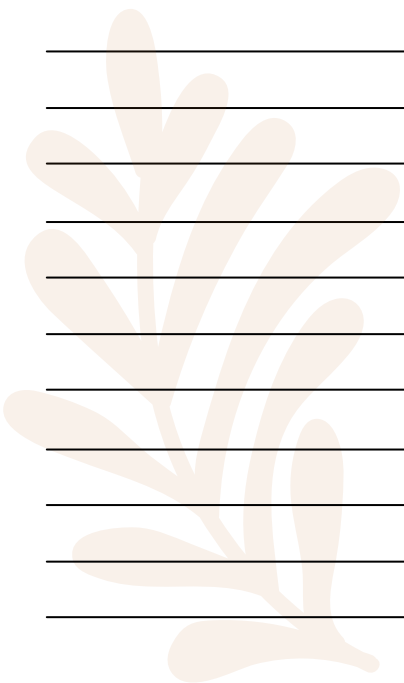
peace  
happy  
strong  
sunshine  
flowers  
love  
empower  
laughter  
joy

day 11

*I am grateful*



Today, I am grateful for...



*day 12*

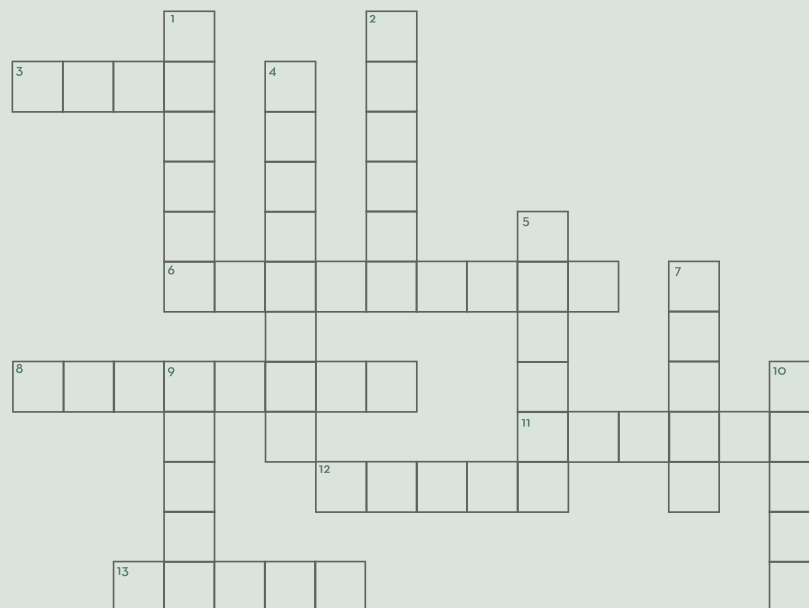
*I am doing my best*



Tell yourself something you need to hear today...

This image shows a blank sheet of white paper with horizontal blue or grey ruling lines. On the left side, there is a faint, stylized green illustration of a plant with several leaves. The rest of the page is empty, providing space for writing.

## Connecting to Nature



## DOWN

- 1 - a grassy area
- 2 - a colorful part of the plant that blooms
- 3 - a small stream of water
- 4 - a large, raised area with high peaks
- 5 - puffy white objects you see in the sky
- 6 - a small area of water
- 7 - a very long natural stream of water that goes into a sea
- 8 - a small area of land
- 9 - where water meets land
- 10 - twinkling lights in the night sky

ACROSS

- 3 - a body of water that curves as it breaks the shore
- 6 - a stream of water that falls from a higher area
- 8 - rays of light that shine from the sky on a clear day
- 11 - a dry area of land with little plants or water
- 12 - make up a forest
- 13 - a sandy shore



day 1

*I will not give up*



What are some positive things you can do when life's moments don't turn out as you might hope?





● ● ● ● ● ● ● ● ● ● ● ● ●





# *Two Week Wait Journal*

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ORM FERTILITY

[ormfertility.com/twoweekwait](https://ormfertility.com/twoweekwait)

