

## IVF Reflection Journal

This gentle daily journal is here to help you center your thoughts, care for your emotions, and remain grounded during your IVF journey. Use it daily or as needed.

### Morning Reflection

- - How do I feel physically this morning?
- - How do I feel emotionally today?
- - Is there anything my body is asking for?

### Evening Check-in

- - What did I do today to care for myself?
- - What felt heavy today?
- - What am I grateful for as this day closes?

### Mind-Body Notes

- - Cycle day (if tracking):
- - Any symptoms, medications, or appointments today?
- - Any messages from my intuition or inner self?

### Affirmation of the Day

- - I trust my body and this process.
- - I am doing the best I can, and that is enough.
- - Today, I choose to show myself compassion.