

Rosanne Austin®

THE FEARLESSLY FERTILE METHOD



3 EMPOWERING STEPS
SMART WOMEN TAKE TO
DRAMATICALLY REDUCE STRESS
ON THEIR FERTILITY JOURNEY

Workbook



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3 EMPOWERING STEPS SMART WOMEN TAKE TO DRAMATICALLY REDUCE STRESS ON THEIR FERTILITY JOURNEY

1. Set your intention(s):

2. Why is it important (to you) to DECIDE NOT to settle for living your journey "stressed out"?

3. List 3 words you wish to use to describe how you CHOOSE to live your journey... starting today!

4. Make a list of the fertility journey fears that are stressing you out. Circle the one that is your biggest source of stress.

5. List 3 empowering actions you can take to get the "upper hand" on the fear you circled above.

ADDITIONAL NOTES