A.R.T. Worksheet

There is an A.R.T. to shifting your beliefs about your body and your life and this worksheet is going to help you on your way to mastering that **A.R.T.**

As I mentioned, **A.R.T.** stands for: **ACKNOWLEDGE. REFORM. TRANSFORM**.

Use this worksheet to begin acknowledging your fear-based, power-sucking thoughts so that you can then reform them into kinder, more compassionate and loving thoughts which will then truly allow you to transform your health and your life.

The KEY to this process is the witnessing and honestly acknowledging the thoughts that are limiting you and then being open to the idea that reforming them can make a difference in transforming your health and your life.

Your thoughts dictate your behavior and your behaviors dictate your health (and, your life!)

ACKNOWLEDGE: The absolute best way to begin to **ACKNOWLEDGE** your thoughts is to tune into YOU. By this I mean to really LISTEN to that internal dialogue and what you are saying to yourself in the privacy of your own mind. And, then when you hear those sneaky thoughts (and, you will!), write them down here so we can begin to work them out.

To get you started, I am going to give you some common fear-based, power-sucking thoughts. Put a check next to anyone that resonates with you:

__ I've tried everything to get pregnant, nothing works.
__ I always knew I would have a hard time getting pregnant.
__ Everyone else is pregnant and it sucks.
__ If it's all about diet and lifestyle, why do crackheads get pregnant?
__ I'm so scared to have a miscarriage (again).
__ I'm so scared to have a child with learning disability.
__ I'm too old, there's no hope.
__ My egg quality isn't good.
__ I don't have any eggs left.
__ My FSH is too high.
__ My AMH is too low.
__ I'm afraid to become a mother.
__ I'm not sure my husband will be a good father.
__ I'm afraid to do this alone.
__ I'm worried about having enough money to support a child.
__ I'm not sure I believe in my body.
__ I'm trying to get pregnant because someone told me I should.
__ My doctor said donor eggs are my only option.
__ My doctor said IVF is my only option.

If you identified some of your own fear-based, power-sucking thoughts that I didn't touch upon, fill them in here:

REFORM: OK, now that we have acknowledged some of your limiting thoughts that don't serve you (or your fertility), let's begin the work of **REFORMING** those thoughts. When I am talking about reforming your thoughts, it's not about going to the complete opposite thought. For example: "I have no eggs left" to "OMG, I have SO many eggs!". That would be a big stretch. Rather, reforming a thought is just finding a better feeling thought. It's like going from the thought of "There's no hope." to "There are women who were in my shoes who eventually got pregnant, so I guess it could work for me too.". All, I want you to begin to do is soothe yourself with a better feeling thought. If you need more help than this worksheet, bring your questions to our secret Facebook group and I will help you reform your thoughts. For now, try some of these **;**thoughts and see if they resonate with you. The way you'll know if the thought works for you is you will feel a sense of relief or ease. Put a check next to the ones that give you that sense of, "that does feel better to say it that way.":

__ So-and-so got pregnant after having challenges.
__ I do feel better when I eat less sugar.
__ I know stress affects my sleep, so I guess it could be affecting my fertility.
__ Aimee got pregnant naturally at 40 and she followed this program.
__ There are a lot of women going through fertility challenges like me.
__ If I really think about it, I am not alone in this process.
__ I have read about how women can improve their egg quality.
__ There does seem to be a lot of science supporting the epigenetics theory.
__ Many women have miscarriages and then go on to have a healthy baby.
__ I suppose there's no harm in making the dietary changes Aimee recommends.
__ It does make sense that health and fertility are interrelated; it can't hurt to optimize my health.
__ I have never fully committed to all the recommendations Aimee makes, I could try them and see.
__ Aimee has helped thousands of women optimize their health and fertility, I could be one of them.
__ I have heard about women with high FSH (or low AMH) that got pregnant.
__ Doing the emotional work Aimee suggests can't hurt this process.
__ Pregnancy can happen for me.
__ I know in my heart I am meant to have children.
__ My body is programmed to do this, I just need to properly support it.
__ Improving my health so that I can have the healthiest child makes sense to me.

If you identified some of your own better-feeling, reforming thoughts that I didn't touch upon, fill them in here:

TRANSFORM: Good for you for making it this far and really digging into and breaking down those limiting thoughts. Now, the key to **TRANSFORMING** your health (and your life) is saying to yourself the **REFORMED** thoughts when the fear-based, power-sucking thoughts come up. You can do this in the privacy of your own mind, out loud, in a journal...whatever works! It's almost like getting in the habit of lovingly talking back to yourself. For instance, if you're having a bad day you might say to yourself, "What's the point of all this, I am still not pregnant!" and that will happen, it's ok. But the true transformation lies in what you say back to yourself! AHA! The truth is, you are going to still have moments where you say not-so-nice things to you, all I am asking you to do is respond to yourself with a **REFORMED** and better feeling thought like, "I am doing the best I can do. I have incorporated a lot of changes and I do feel better. Pregnancy happened for _____ (fill in the blank) and it CAN happen for me. Patience isn't easy, especially with this whole process, but I am getting better."

Doesn't that feel better? Now, you do it! Use the space below to write out some kind, loving thoughts to yourself and then take them to our secret Facebook page and share away! Your words will help someone else!

(P.S. This course has SO many more opportunities for you to work through your fears. So, don't stress if you haven't gotten the hang of it yet. In the last module there are a lot more tools I share with you! Hang tight!)