

Assignment #10: A Positive Mindset

Do you have a daily gratitude practice?

If yes, what does it consist of?

If not, in what way do you prefer to integrate in this practice?

- journal
- moment of silence
- out loud

At what time of day do you prefer to perform your gratitude practice?

Please list five things you are currently grateful for.

- 1.
- 2.
- 3.
- 4.
- 5.

Homework

Take five minutes a day to give thanks for all that you're grateful for.

Fertility Fit Kit

After performing the positive affirmations, was there a specific affirmation/s that spoke to you most or did you like the sequence as is? Or can they inspire you to make one of your own that resonates with you more deeply?

Homework

Take a few minutes a day to repeat either a specific affirmation/s from the video or one that's self created that resonates with you most. Feel free to post them around your home (for example: on your bathroom mirror as you get ready in the morning) or even in your car to use as you commute.

Additionally, if you like the full video as is, feel free to practice with the video.