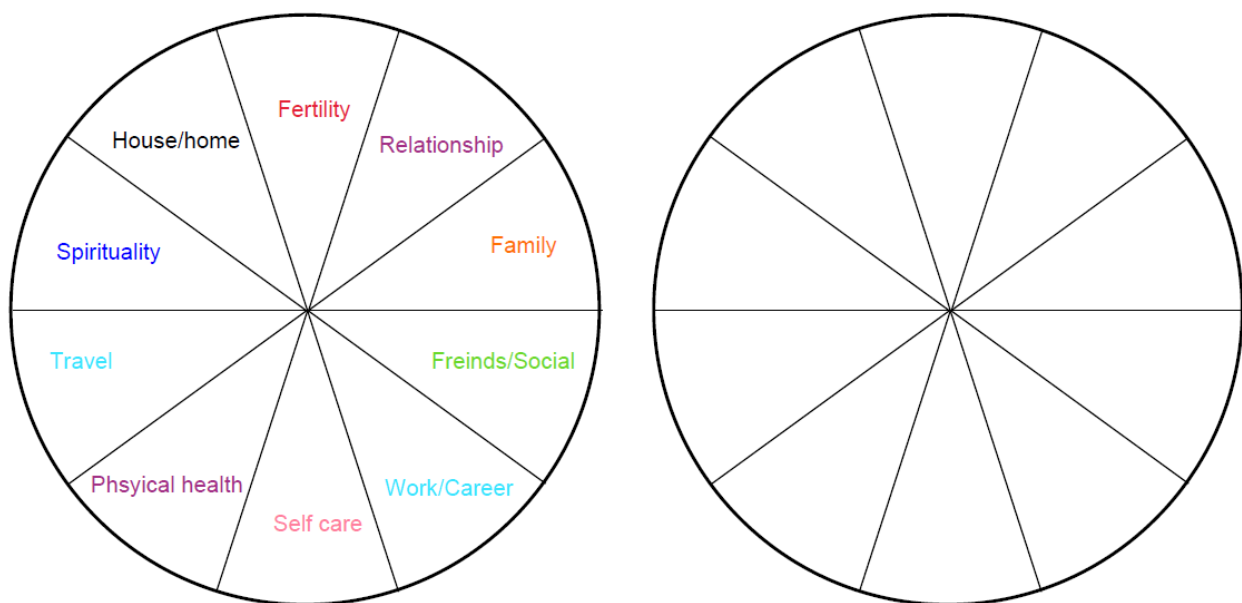


My values pie

Our lives are made of up many pieces. There are things that we value, enjoy, choose to put our energy into and challenges that we face. When you're trying for a baby; If we think about this a little like a pie chart, it sometimes feels like the Fertility slice of our pie starts to push into the other areas of our lives. You may find that your work has been impacted by the many appointments that you are attending, or that your social life is altered because you feel that you relate differently to the friends around you who are announcing pregnancies and talking about their children.

At times you may find that your fertility pathway is in a holding pattern, perhaps when you're waiting for results, or waiting to start another cycle, which can in turn make it feel like "Life is in Limbo", This can be an opportunity to reflect on these others important areas of your life. Consider how you might put some healthy boundaries around your fertility pie slice and actively chose to focus your energy in another important area of your life that you value.



By setting small goals in these other important areas of your life and feeling that you are moving forward in these spaces, it helps reduce the sense of "living in Limbo" while you are still on your fertility pathway.

Have a go developing your own pie chart on the right-hand circle and setting some small goals for yourself. There are some examples below if you would like some inspiration.

- Arrange a catch up with a friend, where fertility doesn't need to be the topic of conversation
- Begin a mindfulness course to help with your self-care
- Consider projects at work that you feel passionate about.



My Goals

1. _____

2. _____

3. _____