



EP 052: A Conversation Around Mindset and Fertility with Sarah and Rachel

This is the Fertile Mindset Podcast, where we explore all the emotional aspects of fertility to support you on your path to parenthood. My name is Sarah Holland. I'm the Fertile Mindset coach and a mother to two children after my own fertility challenges. I hope you find all the support and inspiration you need within this podcast, to carry you forward on your fertility journey towards your own successful outcome.

It's also my wish that through listening to these episodes, you rediscover how to enjoy life now and live it to the full while you wait for your baby.

Now let's begin today's episode.

Hello and welcome back to the Fertile Mindset Podcast. Now, I have something really special to share with you today. You may remember Rachel Bolton from Plan Yourself Pregnant, who was on the podcast with me, in episode 3, way back on our launch day on the 1st of January. Well, Rachel invited me into her lovely Fertility Heroes group on Facebook a couple of weeks ago. We had a conversation about all things mindset and why it's a vital part of a fertility journey. It was a really lovely chat about both of our approaches to mindset work in relation to fertility, and I think you'd like to listen to it too - so I was thrilled when Rachel sent me the recording to share with you, my wonderful podcast listeners! We talk about so much here, and there's such a synergy in the way that we both work with people. I hope you enjoy listening and find some useful support for you within our conversation.

Rachel: I am really excited to be interviewing Sarah Holland today. And for those of you who haven't met Sarah, she's the Fertile Mindset coach. She has a unique, effective and empowering approach to fertility support. She has worked in the world of fertility since 2001 and having experienced fertility challenges herself, she's pioneered the use of EFT tapping specifically for fertility support. So with the Fertile Mindset approach to coaching, support and emotional healing, she has helped thousands of people negotiate the emotional rollercoaster of fertility issues. So Sarah believes it is possible for anyone's fertility journey to become a much more positive and fulfilling experience and that by recognising and supporting the emotional aspects of fertility the path to parenthood can become more successful in every way, including creating a family.

So, hello Sarah, I'm so, so thrilled to be connecting with you today and I know that this conversation is just going to be full of gems, full of insights. So, how are you today? Welcome, welcome.

Sarah: I am really well thank you, Rachel, for this invitation. It's always a pleasure to come into your very special group and speak here, so thank you so much.

Yeah, I mean, I love our conversations that we have every week anyway, we always get together to chat about all sorts of things, and it's really lovely to invite others along so we can have a conversation that we know is so needed. You know, it's really, really needed, isn't it, to talk about the emotional experience, the mindset piece? It's not focused on as much as the physical side of fertility as our bodies and hormones, and all the different things that are looked at under a microscope and in huge detail. But how often do we really set aside time to look at how we're experiencing the fertility struggles, the journey and the impact it's having on our mindset and the impact our mindset has on our fertility journey. So it's really good to dig into this stuff with you. Cause I know you're as passionate about it as I am.

Rachel: Yes, absolutely. And I think, you know, I totally agree with what you've said. Like quite often, a lot of women, a lot of couples put the physical side of things and make that the priority. So mindset, Sarah, tell us what mindset means for you.

Sarah: Well, I see mindset as so many different things. Yeah. And I often interchange the word mindset with perspective, because it's that way that we see the world, the way we see our fertility journey, how we perceive it, what meaning it has for us, how it impacts on the way we conduct that part of our life, you know, and, and what we do, and what we feel we can, or can't do. It has such a huge far-reaching impact, doesn't it? The way we look at things and the beliefs we have around it. And I know it's a huge part of the work that you do as well, Rachel, and I know it's, you know, that's why you prioritise it as well, in all the huge areas of fertility that you look at the physical sides as well. The mindset is kind of key, isn't it, to keep everything together? It's like the glue that keeps everything together and unable to work as a whole.

Rachel: Yes, absolutely. Because I mean, I say this all the time, it's like a fertility journey is 80% mindset and 20% strategy, because I really believe that if you don't have those mindset pieces, then you don't have that motivation to take the action, to do the physical changes, and I'm really intrigued about this. Like with mindset. Like what are some of those common themes that you see coming up for people who are trying to conceive?

Sarah: There definitely are common themes. And I would say there are, there are common themes that come at the start of their contact with me, at the outset. You know, when, when someone has got to that point, they might have been trying for, for a number of months or even years by that point, and maybe have felt like they're coping quite well, you know, and getting the tests done, and doing the research, and the reading, and reaching out for support and maybe having treatment, but there's often a point they get to where everything suddenly feels very overwhelming, and it feels very difficult to kind of navigate through now, you know, everything just feels too much. Maybe they've felt like they've overdone the research. You know, there's so much information out there, and their mind is so full, and they've got conflicting ideas maybe, and they're not sure where to go next. So overwhelm is a huge mindset barrier, I see, because it stops, it stops your mind, doesn't it, from functioning in its natural, normal, most healthy, supportive way. It just brings everything to a halt, or it can do the opposite. It can make you kind of jump very quickly into something, and need to take action very quickly, and I see that often with people who are thinking about fertility treatment, and they might be going into an IVF cycle, or other treatment very quickly, and with a sense of panic. So, yeah, the overwhelm is the initial one. Of course, there can be many. Many different elements affect everybody individually. I see that often at the start.

Rachel: Yes, thank you for that. And I think that that's really interesting to see how mindset changes, doesn't it? When you've just started out, when you've been trying for a while, and when you've been trying for a very long time, and this is also the way that, you know, I see those common themes coming through for people and, you know, looking at those different stages, what's needed for somebody when they're first starting out, trying to conceive is very different from, you know, if they've been trying for years, there's just, there's just a whole different bunch of different things going on.

Sarah: Yeah, you said something. I'm all for momentum, you know, momentum and keeping going, even if it's just with those tiny little steps that just show yourself that yes, I'm still doing something, yes, I'm working towards it, and with each step I'm getting closer to my baby. I think one of the kind of most common things I hear from people, but also the most unwanted thing to do is to take a break on a fertility journey. It's like, this is all too much. I've been through multiple cycles, or whatever it might be, and now I need to take six months, or 12 months off, and not think about anything fertility.

And whilst I can completely understand and empathise with that, I think that brings up a huge other number of thoughts and fears around time running out, you know, my egg reserve, whatever else is relevant for that particular person. So I think being able to continue on a fertility journey can be one of the greatest gifts, you know, but not continue in a way that is, you know, destructive in any way to your emotional, physical, mental health. But in a way that is, feels supportive, but it feels natural, and it feels comfortable.

And I liked something you said there about, I forget how you said it, something, taking things more lightly, you know, and it's all about the meaning we attach to things, isn't it? You know, how does it feel to be trying for a baby? This perhaps thing that you've always planned to have in your life. Something that you see everyone else doing, and that you feel should come naturally. And then, your body is able to do this right now, and it's not happening as quickly as you thought it would.

And I often see that turns then to a sense of a feeling of failure, and I'm just not good enough, or I knew I'd failed at this. I failed at other things in my life and I'm failing at this this time. You know, it brings up those kinds of old patterns, or old expectations that we have of ourselves that often will go way back to, you know, school time or parents, or failing exams or something else that happened really early on in life that when we're then facing our fertility journey, and we're again saying, oh, well these test results aren't good enough, and I haven't got a positive pregnancy test, you know, it brings back that kind of sense of, of not good enough and, and feeling like a failure. So that can be a huge, heavy meaning and perspective can't it, on what we're going through. And is that true?

You know, if you were to take a step back or you were to look at someone else, you know, if your best friend was going through the same saying they felt like a failure because they couldn't get pregnant yet. You wouldn't agree with them. You wouldn't support them in that perspective, you know, you would point out everything in life that they're doing so well, and what they're achieving, and how amazing and how loved they are as a friend. But that this is just something that the pieces haven't come together yet. And that the, you know, there should be a way, and that you can help them through that. So I feel like we need to treat ourselves as we would our best friend. You know, be our bestest friend of all. Cause we're the only person that we're with 24 hours a day, aren't we, with a voice that we have with us 24 hours a day. So, yeah, the more supportive we can be and the lighter, like you say, that doesn't mean minimizing things, but to find a way through it, to transform and to release what we don't need it, it can make a massive difference to the whole experience.

Rachel: Oh, my gosh. I just love what you said then, because there was so many gems.

So for those of you listening, I'm going to circle back to what Sarah's just said, because there were just so many things that were like really, really key. So one of them, you first started out with talking about, you know, taking that break and how it can just feel like the most natural thing to do when everything's got overwhelming, and yet, you know, if we work on mindset a little bit more, then it means that you can carry on, you don't have to take that break because sometimes what happens when you take a big break of six months or 12 months, as you say, your eggs are getting older, you know, maybe you're not doing those things that you were doing before for your fertility, and so it's like kind of going backwards

even. And so if you can get that mindset support, if you can work on your mindset, it means you don't have to take that break. You can keep moving forward.

I also love what you said about like, not just pushing forward, with like a male energy of just do it! like that. Because that can, that can be really harmful. It's about moving forward in that fluid, feminine way, using that energy of really checking in with yourself, and working out, like, what does feel right? And moving through it in a way that, you know, that feels really, really good. And I think that when you have that mindset support, you can still keep moving forward, but you don't necessarily have to be doing everything that everybody else is doing, but it's about continuing to take that action, and doing it in a way that feels really, really good for you.

And there were a couple of other things you said that as well, which is brilliant, but I've gone off on a tangent now. There's oh yes. The meaning, the meaning. So this for me, I think is what mindset is all about. It's about the meaning that we give to something because two people can be in exactly the same situation and they can give that same situation a completely different meaning, and then a different emotional response gets created because of the different meaning that they give. So, you know, here's an example I use quite often, if two people are in a car accident, one person can see that car accident as. Oh, my gosh, this is like the worst thing that's happened. Bad things always happen to me. I've now got whiplash and, you know, and start spiralling downwards with all of these different thoughts and, you know, giving this, giving this event, giving this car accident a particular meaning. And then somebody else can be in exactly the same car accident, have exactly the same physical issues, that have come out of it with the whiplash, but they can see in a different way of like, oh, thank goodness. I, you know, nothing worse happened, and it can be an epiphany moment for them. They can see it as like, this is now a turning point. Now I'm going to start doing this, this and this because, you know, because of this, I had this kind of shock in my life.

And so for me, I think. It's being really, you know, that's obviously a big example of something that could happen, like a car accident, but we can give different meanings to the small things in life. And I think it's that, that then creates the rest of, you know, everything else, whether it's the emotion that we have in our body, or the action that we're going to take or the relationship that we're creating. So yes, it's the meaning that we give to something that's so, so crucial.

Sarah: And that's, that's what creates our reality. Isn't it? That is what we are living in, in this present moment. And I think we often think so much about the past and we go back to past regrets. And if only we'd done this or, only done that? Or, you know, sadness from the past, or we jump ahead to the future, worrying about what's going to happen next, and I need to plan every detail of my future to feel like it's in control. But the reality is we're in the present, you know, and that meaning, and the dialogue that we've got going on in our head about the things that happened. Like you say, the big things, and the small things. Every single, every single interaction we have with someone, every single thing that we do, we've got a narrative going on in our head, haven't we? Telling us what we think about it the whole time. When you listen, it's really noisy up there. You know, we're just constantly talking.

And if that is a negative slant, or like you said, bad things are always happening to me. Here's another thing. You know, that becomes our reality and what a shame that that's the place we're living. When actually we could start seeing and noticing the potential and living within that. It doesn't mean sad things and unfortunate things won't happen of course. And there's always a place to grieve and a place to acknowledge that loss. But, I think we all know that staying there, you know, living within that grief and staying stuck to it, isn't any way to live a life, you know, and if we're to be going on this journey, bringing in a new life, the miracle of life, wanting to nurture and mother another being, that is all about joy, isn't it?

And embracing life and getting into that space. So I think the more we can do that while we wait for our baby, the better.

Rachel: And how do you support somebody with that? So you're working with many, many women within the Fertile Mindset Sanctuary. And so say somebody is really struggling with, and I see it all the time, and it's a really, you know, if this. If this is you and you're listening to this, and you're having those kinds of thoughts, then first of all, like there's no shame in that at all. Like feeling like oh, bad things happen. It's never going to happen for me. This is the way that the mind works. The mind will always look at the negative first, unless we're really intentional and train ourselves to stop questioning thoughts. Like you said earlier on Sarah.

What kind of advice would you give to somebody who's just feeling really down, who's having a lot of these thoughts that they're, some of the thoughts that we've just described? What kind of support or advice would you give someone?

Sarah: Umm, I think it's interesting what you said there about, we will always go to the negative first, and I think we recognise that, don't we, that we, the negative things in life stay with us. You know, we can remember them in vivid detail, but not always the more neutral things, or even the happier things, it can be the negative things that are really strong. And of course, that's a bit of a survival instinct coming out, isn't it? Of, you know, be aware, be aware of bad things happening, and keep yourself safe and alive, and so on. But, again, like we just said, it's, it's, it doesn't pay to stay in that place. So the way that I work within Fertile Mindset, is to fully acknowledge all of that. You know, the tools and techniques I use, which we'll probably talk about in a minute with, with EFT tapping. People are often quite surprised with EFT, that we don't just talk about where we want to be. We don't just repeat positive affirmations and phrases, but actually, we really acknowledge the negative or the uncomfortable first and fully bring that to mind.

It doesn't have to be for a long time. It doesn't have to be particularly painful, but just an acknowledgement of, right, this is the truth of what I'm really feeling, and verbalising it and saying it out loud and maybe for the time, you know, saying it to yourself, and really admitting it and saying it to someone else, it can be quite powerful just to go, actually, this is really how I'm feeling and I'm entitled to feel this way. I understand why I feel this way. It's completely, you know, natural in one way to be feeling like this, but at the same time, I'm curious to see what else is possible. Like, is there another way to look at this situation? Can I release what I don't need? I wonder how else I could feel. I'm open to all kinds of possibilities.

And these are the kinds of phrases and words that we use when we apply EFT to just kind of work through, acknowledge, and then work through the emotions that are present, and the mindset and the perspective and the meaning, all of that. And then open our mind to see, well, what else could be possible, and allow those extra more supportive thoughts and actually much more naturally supportive thoughts to drop in, and that's what I love about the approach that I use. That's why it's the one that I've used for almost 20 years now, because it works really naturally with our mind. It's not trying to suppress and shut away the negatives and just replace it with a much larger positive, you know, and I think a lot of people feel drawn to that kind of work of, I'll just repeat positive affirmations, you know, thousands of times a day, literally it would need to be to, to cover up the negative, and then I'll, I'll be okay. You know, I'll just have this positive thought in my mind, but if the negative is still there, and it's there for a reason, you know, it thinks it's, it thinks that it's serving a purpose for you. It thinks it's protecting you and helping you and reminding you of when things went wrong in the past, or you need to be aware again, you know. But actually, if we start working with it, bring it to light, we can release it much more naturally and then move on to what is our most supportive mindset place to be.

Rachel: Oh my goodness. I love that. That is so true. And I think that there's a lot of, yeah, positive affirmations and, you know, and there's definitely validity to that. But you've got to do that deeper work first, that acknowledgement of the other stuff that's going on. Otherwise, it's still there. You know, it's still there. It's like, almost like a weed that needs to be plugged. You know, the weed is, the weeds are still there, the weeds are going to carry on growing in the garden. And you might have these lovely flowers and these beautiful smells there, but the weeds will still be there. So it's about getting to the root, getting to those weeds, and really looking at them, acknowledging them and, I love what you said there about. Well, they're there for a reason. And you know, I know that so many women who are on a fertility journey have been through so many traumatic things, whether it's losing a baby or, you know, going through IVF or just trying, you know, each month, on month, on month. It can be really, really stressful. And so it's like acknowledging that stress, acknowledging those traumas, and working with them. Doing that deeper work can then release all of that. And so you do that with EFT.

For somebody who doesn't really know what EFT is, could you just briefly describe it for a moment?

Sarah: Of course, yes. I'll spend just a shorter moment as I can, because it's huge and I can talk about it all day. But briefly, EFT. It stands for Emotional Freedom Techniques. It is also sometimes just called Tapping, or Meridian Tapping, because it does use the Meridian system as is used in acupuncture. Which I think almost everyone on a fertility journey is very familiar with acupuncture. If they haven't used it already, it's probably in their plan. And you know, we've got this huge knowledge and awareness of acupuncture, but we don't always really understand, well, what is going on in acupuncture? What's the energy system that it's working with? Especially here in the west, which is the Meridian energy system which aligns an energy that runs through the body.

And the theory behind EFT, is there any negative emotion we experience, anything that's uncomfortable, anything that we don't need or want, is caused by disruption in our body's energy system. And to make it very simple and easy to understand, I think of that disruption a bit like a power surge or a short circuit in our body's electrical wiring system. And it's like, these Meridian lines are carrying our body's electricity, our energy round, to every part of our body to keep us healthy, in both mind and body.

And of course, in acupuncture, they will insert needles along them Meridian lines, and tweak them and turn them to rebalance. You know, much more about that than I do. But, with the EFT we use a tapping technique. Very simple, just with our own fingertips, tapping on points on the face, the upper body, and on the hands, all very easy to access points.

And while we're tapping on these points, it's sending an impulse down each of those lines in turn, so that we're rebalancing the whole system. And what we do is we focus on whatever the issue is that we want to address. So whether that is a fear about why this is taking so long, or feeling nervous about fertility testing coming up, or extreme jealousy and discomfort around a friend that's announced a pregnancy, you know, whatever the emotions are. We focus on them, for a moment. We feel that disruption, both emotionally and physically, and then we tap on all those Meridian points, in turn, to rebalance ourselves in the moment. And it is quite amazing to see how quickly it happens because it takes literally just two or three minutes to tap a whole round or EFT, and in that time, a noticeable difference can be seen. And it's quite, yeah, it's quite empowering actually to see how this can change so quickly.

So then we can apply another round for two or three minutes and another round for two or three minutes. And very quickly you can go from something that might have felt like a 10 out of 10 intensity, right down to what we call a zero, which is where the neutral kind of calm, comfortable place is. Where there is nothing that is disruptive or triggering for you. And it's like a blank canvas is there, and you are free then to think about this now issue in front of

you, the same issue, perhaps the same thing that's going on in your life, but it's made space for other thoughts to come in. And they usually drop in quite naturally. You know, your mind just opens up and says, actually, I wonder if I could look at it like this, or I hadn't thought of it this way, or I could appreciate this part of my life. You know, it's so interesting what happens when our mind is less crowded and, and open to new ideas.

Rachel: Mmm, beautiful. And I just love the way that you work with clients.

We work with some of the same clients, and I know that after they've been to see you it's just like they have this, like yeah, I'm suddenly, I'm not triggered by this thing that was really bothering me before. And I'm seeing big transformations that you make with, with people. With, you know, quite often long sort of, you know, old, deep-seated stuff that they've been, they've just been carrying around with them for a long time.

Tell us a little bit about those transformations that you make for people, because I know that the type of EFT that you do, is very different from the type of EFT, that, you know, somebody who's just using it as you know, as part of you know lots of other things that they do. With the EFT that you do, you've really worked on focusing just on this, and just on fertility, so that you've got this specialism now where, you know, I see you doing this really deep transformational work, which is quite different from if somebody just went to see and, you know, somebody who does EFT as part of lots of other things that they do. Just tell us a little bit about that.

Sarah: Yeah, it's interesting when you state it like that, Rachel because it is a very conscious decision I've made, purely to focus on fertility. And that predates, even before I started to try to conceive myself or even wanted children, myself, you know, we're going back to, kind of, 2003, 2004 time, when I decided to, to focus on fertility.

And at the time when I had that focus, I was using EFT, I was learning it, I was using it with all kinds of different issues and with clients and with myself and with friends, I would tap with anybody who would listen to me. But there was one woman I remember in particular, her name was Sam. She's actually still got a testimonial on my website.

But she had come to me. I was learning. I was practicing reflexology at the time, that was my main therapy. But she was going through IVF, and she was having a really, really hard time with it. She'd had one IVF cycle already. It hadn't worked. She was desperately sad. She would spend her appointments in tears. She would tell me that seeing pregnant women at work and friends was just unbearable, and she didn't want to be around anyone. She was wanting to leave her job, to just cut off ties with friends, and it was all way too much. And she was planning another IVF cycle and she could feel this wasn't the right place to be.

And so we did some tapping. I said I've learned this new thing called EFT, and I'm just starting to use it. Can I use this with you as well, because this sounds really hard for you? You know. And we did. We used it just for 10 minutes at first, and then built it out with a few more sessions. But even from that first 10 minutes, all the anger had gone. All this, which she described as, hatred for others who were pregnant, which she hated to say herself, you know. Hated to admit those feelings, but she was being really honest. And all those feelings went.

And I remember her coming back for the next appointment saying my husband asked me what's happened to me because my whole attitude and my whole personality around fertility is completely changed, and I feel fine now. I feel comfortable. I feel at ease. Preparing for the next IVF, which she did. And she did conceive her first baby, then she went on to have a second baby later as well. But it really showed me in that one. I can remember that first 10 minutes, so clearly because I could see the difference in her, I'd known her for months and I'd seen the pain she was going through. And then suddenly in 10 minutes we had this huge

shift, which I hadn't ever seen in her. And it made me very intrigued about, you know, what else can we do here? And all the women that I support, because I was already in the fertility world that, you know, what could this do? If we could really acknowledge the emotional side and really heal that and transform it, how else could they feel and what, what kind of huge difference could it make both to their fertility journey and hopefully the outcome as it did with Sam that first, that first 10-minute client there. But also their life that they live in now.

And I think that's so, it's equally important, should we say. You know, at times it can feel even more important. Other times the fertility side feels more important, but let's give them kind of an equal fitting really when you're looking at a person and what they're experiencing. And that is the way I approach each session.

So yes, whilst. 100% fertility focused and that is why everyone comes to me is because they want a fertility journey and, and they're struggling emotionally and they want some, some support and some, some answers. Always we look at the whole person, we don't just look okay, what's your fertility treatment, let's just support you with that and be focusing on one part, because quite naturally, you know, the fertility impacts on every area of life and every area of life impacts on fertility, you know, whether that is where you're living, the people that you've got around you, your friends, your family, your job, your career, or business, finances, your relationship, the world, the state of the world that we live in, you know, everything impacts on fertility and vice versa.

So, going back to what you asked me, which I'm trying to remember now. I think what, you know, what are these transformations that we see? And the ones that really do stand out for me is when a major, and this is, you know, almost everybody I work with, I would say, but it's those major life shifts and changes and perspectives that happen.

Yes, it is amazing. And it's wonderful when someone sends me a text telling me that they're pregnant and, you know, the support was helpful. That's wonderful. But along the way, I love it when I see women really taking back control of their lives, taking back ownership of their lives and feeling very. You know, back in the driver's seat, feeling very empowered, this isn't being done to them, it's something that they're experiencing, and they want to support themselves through it in the best way possible. And they start to make, you know, really good choices for themselves around the work that they're doing. The people that they spend time with even taking up old hobbies and, you know, being creative again, and just finding that part of themselves that had been all consumed by fertility.

And that's what I really love to see. So it might be an unexpected one, that perhaps people listening to think, well, that's not the transformation I thought fertility support would do. I thought it would just be about having a baby. And of course it is, you know, that's the focus and that's the direction we're always going in, but alongside the way, alongside that time, yeah, massive, massive lot of changes can happen.

I'm thinking of someone in particular that I worked with who went from a very corporate, very long hours that she was working, was causing and a huge amount of stress. And then she had her fertility treatment and her, the stress and time and energy involved in that as well. And the two together just did not gel, you know, it did not, it couldn't happen. And she was trying to, because this was her career and you know, this was her treatment, but there weren't enough hours in the day. There wasn't enough energy for her to do this. And she made the massive shift into becoming a laughter yoga instructor, which I think is the most delightful thing ever. And I believe her husband went part-time as well. They just changed their whole life. They became very joyful and flow with their journey and then conceived their baby.

And so, yeah, it's those big shifts it's like, wow, you're becoming who you're meant to be within this journey, that's what really takes my breath away and it's beautiful to watch and be a part of.

Rachel: Oh my goodness. That just gave me tingles, like hearing that. You're becoming who you're meant to be. That's so beautiful, because there are so many women that I speak to when they're struggling to get pregnant, that they just feel like they're losing themselves. They feel like they've lost themselves. Like they're not themselves anymore. And so working on mindset and giving them that kind of transformation. Not only are they feeling like themselves, but they're also taking, you know, with that transformation you've just described, taking themselves to that next level, you know, really realising their potential and not just being in limbo, waiting for the baby to happen, but really flourishing really, really enjoying and being on purpose and being fully themselves. So, so that is beautiful. Love, love, love, hearing that. Awesome.

And I know we are almost at the end of our time together, so I'm just going to hit you with a few quick questions, a quick-fire round. You ready for it?

Sarah: I think so. I hope so. Be kind to me.

Rachel: Excellent. So I would love to know what's your favourite mindset book?

Sarah: Oh, do I have to choose just one?

Rachel: You can choose three.

Sarah: I could think of three. I was going to say three. I was born on the third of the third, three is my number. I'd say three is perfect. The first one at the moment, which I'm revisiting, is untamed by Glennon Doyle, which it's an amazing book in itself. Her podcast is amazing too. I believe it's been named as Apple's number one podcast for this year, which is called We can do hard things. But the reason I love untamed as well, it's all about getting back to who you really are and being authentic and not trying to fit in with what society and your family and everything else believes you should be, but actually being really comfortable in your own skin.

And Glennon has also released just now, that I got in the post a few days ago, the untamed journal, so untamed, plus the untamed journal. Amazing.

I also love a book called Love Yourself Like Your Life Depends On It. And that goes into that, that theme that we're talking about, about being yourself, loving yourself. It's that. I listened to it on audible. It's an amazing thing to listen to. It completely changes how you see yourself. That's by Kamal Ravikant and my last one that I would love is called The One Thing by Gary Keller.

This one I read for more of a business perspective about how to organise and get things done. And it's all about focusing on just one thing at a time, but actually, it can be applied in any area of our life. And I found that really freeing, but also really motivating, you know, it's like, okay, so I can achieve really good things if I just focused on one thing at a time. Cause I think we'd get guilty don't moved in too many things, spinning plates and they all just go crashing down.

Rachel: That's brilliant. Yay. I love that. And that's so funny cause I know that we're quite often in sync with the books that we're reading and that is the book that I have just picked up. So that is hilarious, cause we quite often do this with books. So excellent. Love being in sync with you again. Yeah, really three really, really great recommendations that's awesome. Thank you for sharing that.

Next question. If somebody is listening to this right now and they're having a down day, what are the words that you could say to them to lift them up and inspire them?

Sarah: It's almost like you want to give someone a hug with your words. Isn't it? And I think in these times of COVID times when we're not, so with people, our words have become even more important. You know, when we can't just give a hug. I just want to say to someone that I'm with you and I really understand, and you do have so much more strength within you than you realise. We all do. We don't know our great potential. And there is so much that you haven't yet seen of yourself and it's all there, and I'm with you every step of the way.

Rachel: Beautiful. Yeah. I really felt that that was beautiful. Thank you.

Sarah: I think we need more of that in the world. We need more of just hearing people, rather than giving advice. You know, you can do this. And like you said that male energy. Right now, in every time in history, but right now, in this moment we're living in, I think just really hearing people for what they're experiencing, and not trying to, you know, make it all better very quickly, but just hearing them and inviting them to trust with you that they can do this.

Rachel: Yes. Thank you. So, so powerful. And, and that's, it is being heard. It's being understood, it's knowing that somebody else is there. And that makes all the difference rather than coming in with some unsolicited advice, it's being held, it's being understood, so thank you. Thank you for sharing that.

I'd also love to hear a little bit about the Fertile Mindset Sanctuary. And could you tell us a little bit more about that and how you support people and the different levels that are available for people? The different levels of support.

Sarah: Yes. Thank you, Rachel, for allowing me to share this because it's something that I'm very proud of. It's my third baby. If you like, after I had my two babies. The Fertile Mindset Sanctuary is my membership that's for anyone on any kind of fertility journey, it's that safe space to be supported, to be heard, but also to be given the tools, and the techniques, and the support to do this mindset transformation that we've been talking about today. To learn and to really understand EFT, which is a very simple technique to pick up, but then to be guided through using it in the best possible way as well, so that you achieve what you want to, and you get to your, your own place that feels, you know, like you've got all the strength you need and all the resources you need to, to see this journey through.

So the sanctuary, it's in a couple of different levels right now? I have opened the completely free Membership level, which everyone is invited to join and come in. As soon as they join and they receive a class called the Fertile Mindset Mastery Class, that gives absolutely everything you need to get started and in using EFT and be guided through using it and get some results within that class. So I think that. It's a lovely boost to start with, you know, and to show what's possible. And then in, even in the free membership level, you'll receive a weekly email from me with tips and guidance. There are other resources that you can step into. And you're also the first to be known when we opened the paid level of membership, which we open around three times a year.

So if that's something that is of interest then it's well-worth joining us on the next level, because we have support groups and lots of live interaction support that we can do as a smaller group. So, yeah, there's lots of, lots of support and kindness from the other members in there as well. I know that some of your Fertility Heroes members are over in the sanctuary as well.

And it's, it's lovely to see people getting the support they need from different places, you know. They're prioritising the mindset. They're also prioritising their health and their wellbeing, and their exercise and their relationships. You know, it's looking at our body, our experience and our life in all these different ways isn't it to support our fertility.

Rachel: Thank you so much, Sarah, it has been such a joy talking to you. Thank you so much for being on.

Sarah: Oh, it's been a pleasure. It really has Rachel. I'll just, I'll give the link to the sanctuary as well so that anyone can find that, I know we compete in the text there as well. It's fertilemindset.com/sanctuary, and yeah, it would be such a pleasure to continue this conversation and continue to support. Thank you so much, Rachel. It's been lovely to be here.

Rachel: Thank you.

Thank you for listening to the Fertile Mindset Podcast.

If the topics talked about here sounded like I was speaking directly to you and your thoughts, then I would really love to invite you into the Fertile Mindset Sanctuary.

This is my fertility support membership, where you can free yourself from stress, worry and any emotions that don't feel helpful, so you can then create a naturally supportive mindset, your Fertile Mindset.

In the Sanctuary I'll guide you through using the emotional healing technique I use at Fertile Mindset called EFT, and you'll soon be feeling less stressed and more joyful.

If you're not already in the Sanctuary, do come and join us now, starting with the BUD level of membership, which is completely free of charge.

Go to www.fertilemindset.com/sanctuary to join, and then watch the welcome class, which will give you a fast start into taking back control over the emotional side of your fertility.

I look forward to seeing you there, and at the next episode of the Fertile Mindset Podcast.