



EP 054 – An End of Year Message

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 for the very last time this year. I started this podcast on the 1st of January this year and it's been quite a wild ride.

I had dreamed of the Fertile Mindset Podcast for years, ever since one of my fertility clients suggested it. She became a friend when both our long-awaited babies were born in the same month. Those babies are 14 years old now, and my podcast is just approaching its first birthday so you can do the maths and see that there were many years of dreaming, wondering and researching what it would be like to have a podcast and how I could make it happen.

When it was first suggested to me, I had never even listened to a podcast. I didn't really know what they were, so that was the first step, and I soon became a podcast junkie listening to inspiring words whenever I went for a walk. Oprah's became my first podcast love, and there have been many many more since.

And now my very own podcast is almost one year old, and as I think back over that year of podcasting there are the amazing high points of Apple Podcasts approval after a nail-biting wait, then publishing the first episode, an amazing team of friends supporting its launch, lovely 5-star reviews and emails thanking me for recording the right episode at the right time, giving much-needed support. I've had conversations with so many lovely guests on the podcast, and every day I see all the episodes being listened to again and again. Some people have told me they've listened to every episode and eagerly await a new one each Thursday. Or that they've listened several times to an episode that was particularly poignant for them and shared it with their partner too. These have been the wonderful high points of podcasting life in 2021.

And there have been low points and challenges too. The time I lost my voice and couldn't record, the technical challenges with sound and editing, and most recently having to miss a week which I promised myself at the start I would never do. But, you know, Covid has been with us all year long still, and with the amount of disruption due to schools closing and us all

self-isolating at some point, and for this to result in just one episode being missed is actually pretty good.

What I'd like to invite you to look at, as we come close to the end of the year, is that whatever challenge you have faced this year, whatever has been going on for you, on your fertility journey or any part of your life, however hard it has been, there will have been the light alongside the dark. The joy and grief, and the shadow with the sun. I'm borrowing these words from my lovely friend Nicky Duffell, who I met at school when we were 12 years old, and now she has a beautiful coaching business called Nicky for Life. In a live session she holds called Moments of Stillness, Nicky invited us to look for the goodness in 2021. Yes, it's been a hard year, of course, it's been hard in many many ways. But there is goodness there too. There is always goodness.

So I invite you now to revisit the last 12 months, January through to December and reflect on what this year has brought you, the good, the bad, the uncomfortable, and the beautiful. Our full and unpredictable lives always have such a mixture of experiences and it's important that we acknowledge them all – not just the difficult times. They may seem to be the most vivid memories, the ones that push out all other thoughts, but I know there will have been some very special moments this year too. Or maybe ordinary moments that were special in their own way. The big, the small, so many ways that life has shown you love, hope and joy this year.

Maybe there have also been some lessons this year, some great learnings about yourself and what you need to thrive. What from this past year are you happy to leave behind, and what will you be sure to take with you into 2022? What will support you in the New Year? Which people are you going to keep close to you? What do you want to make time for next year? And what are you going to prioritise? Because you are the one who gets to choose. No, we don't have complete control over what happens to us, but you can set your boundaries, choose your priorities and be clear about what is important to you.

If you have a little time, you could use that to sit with a journal and pen, and write a review of the year. Let all the thoughts and memories from the year write themselves onto the pages and see this as a cathartic clearing for the end of the year. As emotions and thoughts come up, use EFT tapping to acknowledge and move you through them. And then take a moment to breathe into the space between this year and the next and allow your pen to write again showing what your intentions are for the year, what you want for yourself. Making this transition from one year to the next a conscious act that you are very much a part of, will help you start the year with a feeling of empowerment.

Whatever is going on in my life, I have always loved New Year and watching the clock strike 12. I want to be present for it, to witness it and to feel the hope of the new year ahead. That's why, no matter how tired I am, you'll never find me sleeping through New Year.

Be extra kind to yourself at the end of this year and choose to end the year on a loving and supportive note. The year may not have gone the way you hoped it would, and you may not yet be exactly where you want to be in life, especially if you're still waiting for your baby, but you can still end this year in a good place. A day, an hour, a moment – give yourself that gift of peace. You deserve it. And I promise to spend my last moments of the year in this way too and stand alongside you.

I also look forward to travelling through the next year with you. I have plans underway for both this podcast and Fertile Mindset as a whole, including an exciting new event that is launching in January that feels like some of the most important work I've ever done, bringing effective fertility and emotional support to the world in a very exciting way.

Sending you lots of love and good wishes for a happy, healthy and peaceful New Year filled with more moments of joy and who knows, some wonderful surprises along the way too. I'll see you in 2022!

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.