



EP 061: 21 Things I'd Like You to Know

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. It's always lovely to chat with you and I hope you find support and comfort when you listen in. Looking at my podcast stats this week I can see we have lots of new listeners from all over the world including from India, Pakistan, Germany, Spain and more, so if you're new to listening in – welcome, I'm so pleased you're here, looking for and connecting with support as you face fertility issues. I'd actually love to know what you need support with right now. What challenges are you facing, what emotions are you struggling with? I want to make podcasts that are exactly what you need support with, so please get in touch and share – anonymously if you wish – what you'd like me to talk about on future episodes. I'd add a link in the text where you can send me your requests and I look forward to reading those.

Today, this week I am celebrating 21 years in business. 14th February 2001 was the very first day I opened my doors and saw my very first client. It was reflexology that I worked with back then, and EFT soon followed and then of course the evolution into Fertile Mindset which is fully focused on emotional support and healing on a fertility journey. It has been an amazing 21 years, and such a privilege to connect with and support so many people – thousands of people – from all over the world. They have taught me so much and I'm always learning and growing, and I'm sure the next 21 years will be just as interesting and amazing. For now though, I'd like to gift you something in this episode. Something a little different, that you might like to listen to, and maybe also read the transcript which you'll find on the web page for this episode at www.fertilemindset.com/episode-061

What I'd like to share with you after 21 years of fertility support, is 21 things I'd love you to know. Listen to these words. See if they resonate and comfort, or spark a question or doubt, and in the space that follows each one, consider repeating it back in the first person – changing you to I, so you have to I have, for example. You can pause to take notes, and I highly recommend tapping with these phrases too. If any feel untrue, or bring up questions, doubts or fears, take that opportunity to tap on the phrase. And if you need guidance on how to do EFT, how to tap, you'll find that help from me in episode 20, or in my Fertile Mindset Sanctuary membership. I'll put links to both in the text for this episode.

OK, so here are 21 things I'd love you to know:

You have more strength than you realise.

You are the best person to make decisions about your life.

There are many, many ways to become a parent and only you can decide which paths you want to go down.

The fertility issues and challenges you are facing are not your fault.

The fertility issues and challenges you are facing are not a punishment. You deserve to be a parent.

You will be an amazing parent and always do your best for your child.

However you were parented yourself, you will have learnt what you want to leave behind and / or bring into your parenting.

You may become a parent later in life than you thought you would, but you have more wisdom and experience now to bring to your parenting.

Thinking that you'll never get pregnant won't stop you getting pregnant, but will make it feel much more of a struggle.

I know your future baby may feel like the person at the centre of your fertility journey, but right now the person to put in the centre and to prioritise is you.

You are allowed to be happy while you wait for your baby.

You are allowed to be sad while you wait for your baby.

All emotions are valid and real, just remember that you can and will move through them.

It's no one's business, other than yours and your partner if you have one, how and when you have your baby. You can not and should not try to please everyone else instead of yourself.

It doesn't matter at what stage of pregnancy you lose a baby. A loss is a loss, and you are allowed to grieve.

It doesn't matter whether or not you got to meet your baby or see them take their first breath, you still lost your child, and you can remember them in any way you wish for as long as you want and need to.

You are surrounded by love and support, even if it doesn't feel that way at times, there are people who are ready and willing to support you.

You would never have chosen to wait so long to have a baby, but in this unexpected time you may have learnt a lot about yourself, made positive changes to your life that you wouldn't have thought to do otherwise, met new friends, and gained a lot of experience and wisdom that you may also pass on to others.

You do not need to be perfect to get pregnant and stay pregnant. The pressure of trying to be perfect could cause more problems, so accept you are doing your best and know that is good enough.

It is not a luxury or selfish to practice self-care, to take care of your emotional wellbeing, and do things to boost your self love and self-confidence. It's not selfish, it's essential to your health and wellbeing.

What you are going through is hard. Remember to be at least as kind to yourself as you would be to a friend.

Those are the 21 messages from me to you, and I'd like to repeat the first one again, so you remember how true this is:

You have more strength than you realise.

I'd love to know which of those resonated with you, and which lead to further exploration and maybe tapping too. Feel free to find me on Facebook at Fertile Mindset or Instagram at [fertile_mindset](#) to post your thoughts or message me privately if you wish. It's always lovely to hear from you, and to hear what support you're in need of right now. As I said at the start, I'm taking your requests for topics for future episodes. Please do send them to me using the link in the text under this podcast.

Thank you for joining me today as I start my 22nd year of fertility support. As I say that it feels crazy, because I honestly feel like I should still be in my 20's so how can I have been doing this work for so long? But there you go, it's a fact and I'm actually about to turn 45 at my next birthday in a couple of weeks, and whilst I've never felt uncomfortable with the idea of ageing, it is funny how we can still feel like we're a younger age than we actually are. That's the power of our mind and of our thoughts. And I hope today's episode has inspired you to observe your own thoughts and feelings and know that you can take back ownership of them and decide how you want to feel.

Sending you so much love, until we speak again next time on the Fertile Mindset Podcast.

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.