

Trying To ♀ Get Pregnant

The guaranteed way to conceive...

with Marisa Peer x



Action Sheet Number One - Discovering your Baby Blocks

I designed this action sheet to help you discover the baby blocks, that you may subconsciously hold, that stop you conceiving. Please trust in the process and let yourself complete each exercise, even if they feel silly or unusual. These exercises are incredibly powerful and effective. I've helped thousands of women to get pregnant, have wonderful healthy pregnancies and give birth to perfect babies. Just trust in the process and it can work for you too.

A New Daily Practice...

There's a very powerful exercise that I am going to introduce to you. It's a form of personal note taking that I want to encourage you to begin using prior to your babies conception and birth, because it's such an effective method for clearing out all the negative self-talk that's going on inside your mind. Once you've done this, you will then be in the right and the optimum mind-set for conception.

If you can, do this first thing in the morning or when you are in bed at night. You are going to remove every negative belief and thought that has blocked your ability to conceive by putting your thoughts into what will become your baby book.

I am going to give you some very specific questions that I'd like you to use to tap into what's blocking you from becoming a mother

You'll find them on the next page....

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The Baby Block Questions

Print up this page and keep it by your bed as well as on your phone and laptop so you can work on it daily

1. Do you fear birth or worry about how painful it could be?
2. Do you like to be in control all the time?
3. Have you had a miscarriage or termination ?
4. Are you scared that you won't be a good enough parent or won't know what to do?
5. Do you fear that a baby might disrupt your life or your relationship?
6. Do you believe you are too old to have a baby?

I want you to write out answers to these questions. Just write whatever comes to mind in a continuous stream without thinking too much about what you are writing down.

It does not matter if it feels silly or even pointless, it does have a point because it changes your thinking and the way you think totally influences your body. Many people start off feeling its work and then it just starts to flow....just let it all pour out onto the page.

If at any time you need support please visit my Facebook Page.

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Baby Affirmations

- I am an expectant mother.
- My baby is on the way and will be in my arms very soon.
- I am producing grade A, Premium eggs.
- My body is the perfect environment for growing a strong, healthy, perfect baby.
- I will be a wonderful mother.
- My body knows what to do.

I would recommend that you write out these affirmations onto your phone or into your baby book and say them out loud many times a day- every hour.

Don't question your affirmations just say them out loud as both your mind and body are programmed to move you towards whatever you focus on.

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What to do

1. Buy yourself a lovely notebook (or stick a picture of a relevant baby onto a plainer notebook) to write in each day.
2. This is the beginning of your journey into motherhood, one day you may even want to give this notebook to your baby when they are older and can see how wanted they are.
3. Keep your notebook by your bed.
4. Print up the Baby Block Questions and keep them by your bedside to prompt you each morning. Also copy them onto your phone and computer.
5. Print up the Baby Affirmations and blu tac them to the mirror in your bathroom or on your dressing table.
6. Every morning as soon as you wake up write in your babybook.
7. After you've done your writing, read your affirmations out loud a few times and feel the energy of them. Know that you will become a walking version of your affirmations and you will become a mother very soon.
8. Do this every single day.

If at any time you need more support, simply visit me on my Facebook Page where myself or one of my wonderful team will be happy to help.

I am here to support you in becoming the mother you deserve to be and know you should be.

Keep an eye on your Inbox for the next free video and download.

Remember – the goal here is for you to be holding your perfect baby in your arms by this time next year

I've helped thousands of women to achieve this, and if you'll let me, it can happen for you too.

With love,

Marisa Peer x

