

# Trying To Get Pregnant

The guaranteed way to conceive...

with *Marisa Peer* x



## Action Sheet Number Two - Shopping Challenge

I designed this action sheet to help you to become a mummy to be and then a mummy of your healthy perfect baby!

I've helped thousands of women to get pregnant, have wonderful pregnancies and to give birth to perfect babies and I know that if you trust in my process, it will work for you too.

### What to do

Each time you go shopping make a point of walking down the baby aisle and browsing the nappies, bottles, sterilisers and baby food etc.

Pick them up, read the ingredients, focus on the things you will buy for your baby. Do this in the mindset of a mother whose baby is already here.

If you're looking at sterilisers, imagine you are a mother buying a steriliser! If you're looking at bottles, weigh up your options for bottles and decide which ones your baby will have!

As often as you can (but at least monthly) walk into a Mothercare or some other baby shop and on your first visit buy something for your baby.

Place your item, say a pair of baby socks or a little hat, on your dressing table or tucked into your mirror where you'll see them regularly.

*Marisa Peer* x

