



# ***Mindset Reset Guide!***

## **3 Practical Steps**

*to support your Mental Health &  
Improve your Fertility Journey!*

*By Poonam Gole*  
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## WELCOME

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Hi, I'm **Poonam Gole**  
**Fertility Mindset Coach**

**An IVF mom, A Fellow fertility challenged warrior!**

I am an **ICF Certified Life Coach** who uses evidence-based coaching to help women going through fertility challenges and treatments like IVF. I've successfully helped dozens of women shift their mindset and overcome fear, guilt and self-doubt on their fertility journey.

**Infertility sucks, but Life doesn't have to.**

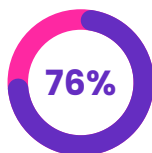
After suffering through years of fertility issues and transforming my mindset, I changed my coaching practice from career coaching to Fertility Mindset coaching. As I met more women going through similar journeys I realized that mental health is one of the most ignored aspects during this challenging phase of life and very little support is readily available to women.

Since then, I am on a mission to help other women master their mindset and **walk the path toward motherhood with confidence & joy.**

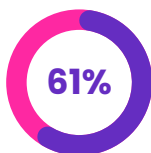
# MENTAL HEALTH IMPACTS OF FERTILITY CHALLENGES



## Experienced Anxiety



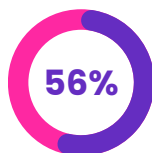
**Women**



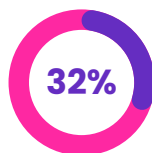
**Men**

In addition, **40%** of women and **28%** of men reported **prolonged** anxiety symptoms.

## Experienced Depression



**Women**



**Men**

In addition, **16.5%** of women and **5.8%** of men reported **prolonged** depressive symptoms.

**Psychological symptoms in patients with infertility are equivalent with patients with a cancer diagnosis.**

## WHY PRIORITIZE MINDSET

After living through my struggles and coaching clients through fertility challenges, there is no doubt in my mind that,

***Mindset is the Foundation of your fertility journey!***

It is the foundation of your life experience! The statistics on how mental health is affected by fertility challenges are undeniable.

So the question is,

Why should you let yourself suffer to the point of a mental health crisis?

Why not address this basic foundational aspect of your fertility journey from the beginning?

### Sources:

- ASRM - American Society of Reproductive Medicine: Addressing the needs of fertility treatment patients and their partners.
- The psychological impact of infertility: a comparison with patients with other medical conditions.

# IN THIS BOOKLET...

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Now, I wish I could deliver all the wisdom, tools, and techniques to master your mindset in this tiny booklet, but Mindset work takes going deep, consistency, and daily efforts and there is no quick fix.

So, today, I want to help you get started. To see the power your mind holds on this journey and recognize the impact it can have on your lives. Because once we succeed in opening that door for you, you will start seeing the path forward.

## Remember, YOU are the Creator of your Destiny!

This is not a woo-woo statement. This is as Real as it gets! Your experience on this earth is defined by your thoughts, emotions, and actions. You are not in control of what happens around you or what circumstances you are in, but you have absolute control over how you respond to it. How you respond is what determines your experience.

The 3 main effects on mental health due to fertility challenges are

- Lowered self-esteem/self-confidence
- Loss of Control
- Isolation

With this booklet,

**I aim to help you change the way you are responding to your current situation and in turn change your experience on this journey.**

Once you use the tools and follow the exercises outlined here, you will walk away with confidence in your decision-making, and learn how to be solution focused and create a support system that nurtures you through your journey!

**You will start Living and Loving your life again as you make your way to your baby!**

**Let's dive in!!!**

# DEALING WITH UNCERTAINTY

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Uncertainty is a big part of the fertility journey. Our minds do not do well with that. We like certain, tangible, facts and knowledge.

Answers to - when it will happen, how it will happen, our diagnosis, what method will work, everything that most times no one can predict on this particular journey.

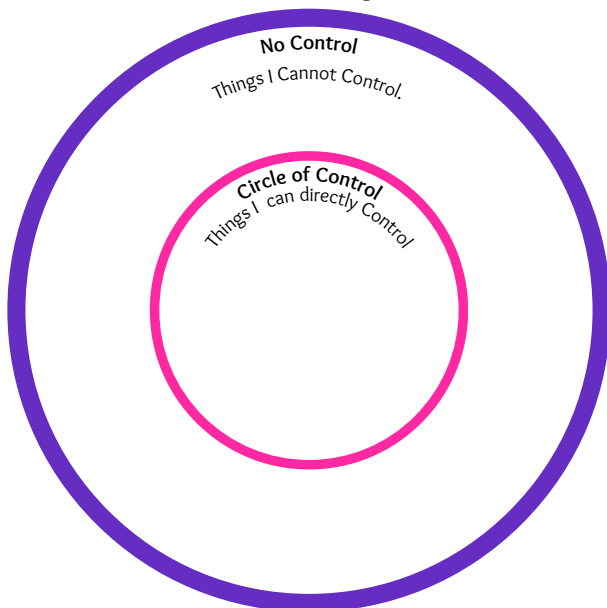
It leads to thoughts of “Time is running out”, “I should have...” and “What if it never happens”. Feelings of being left behind, jealousy, comparison, regret, and helplessness over losing control.

So how to deal with uncertainty daily and still keep a healthy, growth mindset?

The key is to regain a sense of control.

**Focus on tangible actions to move you forward and make confident decisions on your fertility journey.**

Make a list of thoughts or things that are causing you anxiety. Now put them in the below circles. Focus on things in the Circle of Control.



# REVIVE SELF-CONFIDENCE

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**Fun fact: 80% of our thoughts are Negative!  
95% are Repetitive!**

What does that tell you?  
Our self-talk, is a sub-conscious habit forming process. We repeat our thoughts on a loop and make them our self-image, our story, and eventually our reality, the way we experience life itself!

The first step in creating a healthy mindset that boosts our self-confidence & self-esteem is to become conscious of our thoughts. Let's play a fun game: **The Negative Thought Bingo!**

This game will help you identify how many and how often are you having thoughts that are not serving you. Once you identify them, you can then work on reframing them.

**How to Play:** Complete a line vertically, horizontally or diagonally - you choose. FINISHED? Good work, do something to pamper yourself!

I am running out of time.	Why is this happening to me?	Only if I had taken care of my health in my 20s	I am getting left behind
My body is working against me	I feel guilty for feeling sad, about my friend getting pregnant	Nothing is in my control	I am scared of everyone's judgement
I should have had kids in my 20s	I will never get pregnant	I feel overwhelmed with all the medical stuff	I should just give up
I am being punished	I am a bad wife/partner	I am not worthy of becoming a mom	I am less than _____

# BUILD A SUPPORT SQUAD

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**Success always takes help, failure we can do alone.**

You do not have to do this alone, and the first step is getting comfortable with asking for help!

Creating your support squad is a crucial pillar of your fertility journey. It is also very important to curate your support squad. Look for the best people that can support you in your fertility journey. Invest in those people.

Here is an exercise to help you identify your most impactful or most influential relationships; the supportive vs draining relationships. Once you know that, you can then build your support squad.

Relationship	How/What is your energy in this relationship?	What is their energy in this relationship?	Impact on your fertility journey

# WANT TO LEARN MORE!

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**Poonam Gole, MS, ACC, ELI-MP, PMP**



***I help fertility-challenged women, create & lead their journey to Motherhood with Confidence and Joy!***



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## WAYS TO WORK WITH ME



Join the Membership Portal Waitlist



Apply for the “Free Your Fertility”  
Group Coaching Program



Want expert 1:1 support - Schedule a  
Free Consultation Call.

