

S A R A H

B A N K S

*coaching*



DAILY HAPPINESS PLAN

This workbook is designed to help you focus on the things that make you smile, remind yourself of the things you enjoy and help you plan something that makes you smile in to every day.

When you are trying for a baby it can take all your focus, and things like taking care of ourselves (physically and emotionally) and doing things we enjoy often gets put at the bottom of the list of priorities.

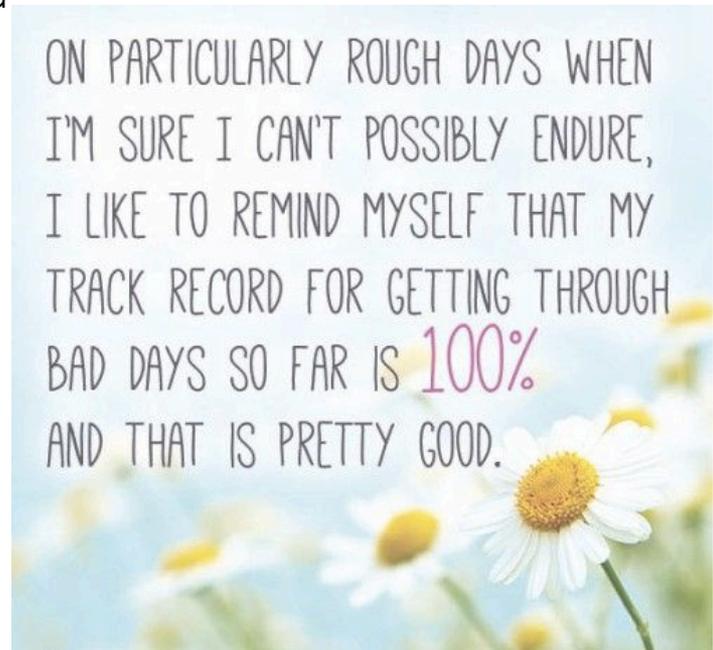
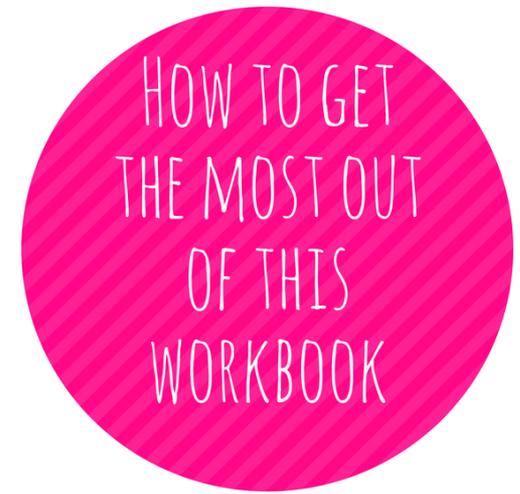
Its so important for your emotional wellbeing to give yourself time and space to be you, and do the things that make you smile.

This workbook will help you to make more time for self care, remind you of just how amazing you actually are and help you remember who you were before you became someone trying for a baby.

Have a think about the questions, write down everything you can think of and then plan something in for each day.

Enjoy, and message me if you have any questions.

Love Sarah xx



What things make me smile?

CAN YOU MAKE  
TIME FOR ANY  
OF THESE  
TODAY?

What helps me relax?

What things make me feel good?

Who makes me feel good?  
(Partner, friends, family)

CAN YOU MAKE  
TIME FOR ANY  
OF THESE  
TODAY?

What did I enjoy before starting fertility  
treatment/TTC?

What do I want to do more of?

# DAILY PLAN OF THINGS THAT MAKE ME HAPPY

Now plan in one thing from your list to do every day. It doesn't have to be anything big, just make sure you plan in one thing to make you smile every day

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

# ABOUT ME

After struggling with infertility for 5 years myself before having 2 rounds of IVF to have my family, I realised that there isn't enough support around for people that are struggling with infertility and going through treatment.

I retrained to be a life coach and now work with amazing ladies that are struggling with infertility and going through treatment. I help them to take control of their life so they feel happier and stronger, improve their emotional state and increase their chances of getting pregnant.

If you are struggling with Infertility and want to feel happier and more in control of your life, send me a message and we can have a chat about how I can help you. Send me an email at [sarah@sarahbanks.coach](mailto:sarah@sarahbanks.coach).

I also run online support groups to help people get support from lots of other ladies that are in a similar situation and completely understand how hard it is.

If you would like additional support you are more than welcome to join my free Facebook community [Surviving Infertility](#)

I will be sharing lots of advice, insights and IVF news in my group to keep you informed and help support you in any way I can.

Take care and email me if you have any questions.

Love Sarah xx

