

Your Ongoing Preconception Rituals

You've spent six weeks simplifying, detoxing, and reconnecting with your body. Now it's time to make these new habits part of your lifestyle. These rituals help you stay connected to yourself, your partner, and your body long after the program ends.

1. Weekly Reset Ritual _____

Choose one day (like Sunday) to reset your environment and energy: open windows, tidy your kitchen bench, prep nourishing snacks, change your sheets.

→ This anchors your week in calm and intention.

2. Seasonal Food Focus _____

Each month, pick one new seasonal food to feature — like asparagus in spring or root veggies in winter.

→ Keeps your meals fresh, nutrient-rich, and naturally aligned with your body's needs.

3. Morning Light & Movement _____

Start your day with sunlight in your eyes and 5–10 minutes of gentle movement.

→ This balances your circadian rhythm and supports healthy hormone function.

4. Connection Check-In _____

Once a week, share a tea, walk, or short chat with your partner about how you're feeling — physically, emotionally, and as a team.

→ Keeps communication open and intimacy flowing.

5. Monthly Nervous System Reset _____

Choose one calming ritual that helps you feel grounded — a bath, journaling, meditation, or yoga nidra.

→ Your body can't conceive from a state of stress. Regularly remind it that it's safe.