



The Waiting Season Reset

Five small practices for the days between

You do not have to feel positive every minute of this wait. This is a gentle place to return when your mind needs somewhere softer to land.

No medical advice. No forced positivity. Just a little more room to breathe.

ROOTED IN HOPE



Name the moment

A five day reset for the waiting season

DAY 1

Name the moment

Prompt: Today, I am waiting for _____. I do not need to solve the whole journey today.

TODAY'S PROMPT

Today, I am waiting for _____. I do not need to solve the whole journey today.

SMALL PRACTICE

Put one hand over your heart and take five slow breaths.

A GENTLE REMINDER

I can be hopeful and scared at the same time.



Make room for the feelings

A five day reset for the waiting season

DAY 2

Make room for the feelings

Prompt: The feeling I am trying hardest not to feel is ____.

TODAY'S PROMPT

The feeling I am trying hardest not to feel is ____.

SMALL PRACTICE

Set a ten minute timer. Let the feeling be present without needing to fix it.

A GENTLE REMINDER

My feelings are not a prediction.



Return to what is within reach

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DAY 3

Return to what is within reach

Prompt: Three things I can choose today are ____, ____, and ____.

TODAY'S PROMPT

Three things I can choose today are ____, ____, and ____.

SMALL PRACTICE

Pick one small comfort and put it on today's calendar.

A GENTLE REMINDER

I can care for myself while the answer is still unknown.



Release the comparison

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DAY 4

Release the comparison

Prompt: I am allowed to step back from ____.

TODAY'S PROMPT

I am allowed to step back from ____.

SMALL PRACTICE

Mute, unfollow, or pause one thing that makes the wait feel heavier.

A GENTLE REMINDER

Someone else's timeline does not define mine.



Carry hope gently

A five day reset for the waiting season

DAY 5

Carry hope gently

Prompt: The kindest thing I can say to myself today is ____.

TODAY'S PROMPT

The kindest thing I can say to myself today is ____.

SMALL PRACTICE

Write it on a note and place it where you will see it tomorrow.

A GENTLE REMINDER

Hope does not have to be loud to be real.



Keep this close

Come back whenever you need a softer place to land

You are doing something hard.
You do not have to carry it perfectly.

When you are ready, Rooted in Hope is creating the IVF Med Station Box: a calm, practical place for treatment details, questions, refills, appointments, and the waiting season.

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