



2025

PLANNING FOR THE NEW YEAR: SETTING FERTILITY GOALS

A new phase of life in the new year

As the year comes to a close, we will not blame you for reflecting on the past and dreaming about what the future could hold. We know that what's been on your mind lately is fertility and the desire to become a parent. Irrespective of whether you are just starting out on the journey to parenthood or have been on it for a while, the advent of the new year is the perfect time to set some clear, actionable fertility goals. Goals, not New Year resolutions, since those are most often broken. Concrete goals that should become your priority in life in the new year.

Let's take a look at some fertility goals:

Time to get real

Before proceeding to try for parenthood, a reality check is required in terms of health – both physical and emotional. You need to figure out what's working and what's not. Single out areas that need improvement. Keep in mind that fertility is not just about biology. It is also about balance. Maybe you need to get a health check-up or have a discussion with your doctor about any concerns you may have. Understanding your body and your health needs is paramount to attain your fertility goals.

Are you emotionally ready?

Do not overlook your emotional readiness. Fertility challenges can take a toll on mental well-being and it's easy to overlook the emotional repercussions. Prioritising mental health is imperative if you are feeling anxious, stressed or uncertain. Mindfulness practices, therapy, or joining a support group can be a huge help and help dissipate a sense of loneliness.

Track your cycle

Whether you are able to achieve your fertility target or not is largely also dependent on tracking your body's cycles. Whether trying to conceive naturally or with medical assistance your understanding of



your body's rhythms is a big help. Apps, ovulation tests or even simple tracking on a calendar can make a huge difference in determining the right time for conception. Setting a goal in line with this tracking is not just realistic but increases the chances of conception as well.

Communicating with your partner

While this may be a surprising inclusion, you will undoubtedly agree that easy and continuous communication with your partner is essential. The fertility journey and its eventual success or failure, can never happen in isolation. Open dialogue with your partner is crucial as is the support. Being on the same page about feelings, needs and expectations can make a world of difference. You need to be realistic and transparent about timelines.

Ultimately, setting fertility goals isn't about pressure; it's about creating a roadmap for a journey that's deeply personal and unique. So, as the new year rolls in, be ready with a clear sense of direction and a plan for nurturing your body, mind and spirit. **And soon, God willing, the miracle of new life will bless you and your partner.**