PLEASE WRITE DAILY PROGRESS CHART

For Stories /Music /Meditation
Commentaries /Classes
Please refer to Holistic IVF YouTube
Channel Holistic IVF &
www.divinegarbhsanskar.in

Holistic IVF/IUI Monthly Progress Chart for IVF/IUI Success





Meet us virtually Daily, LIVE on

Zoom & ▶ YouTube

Mon to Sat 8 - 9pm | Sun 11am - 12pm

Zoom Meeting ID: 919 5198 4746

Password: happiness

+91 9158 927 937 /9820 616 509 /9833 801 570

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Activities	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
1. First Thought in the morning-Read one thought for Today																																
2. Satvik Diet (Veg) & Water- Be in the state of awareness- Just feel that I am a Peaceful Soul.																																
3. Physical Exercise- How many minutes of Exercise did you do with Happiness																																
4. Raja Yoga Meditation- How many minutes of Raj yoga Meditation did you do or did you watch videos																																
5. Divine Music- Did you listen to the Divine music																																
6. Holistic IVF/IUI Classes on Zoom /Holistic IVF YouTube channel-Did you attend the Holistic IVF/IUI Classes/Did you watch the Holistic IVF/IUI Classes video and how much time?																																

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7. IVF/IUI Success- Did you read the Affirmations? did you watch videos?																															
8. Stories/ Drawing- Did you read/listen to the story and did you do the paining?																															
9. Activities- Did you do the activities?																															
10. Mind Status- Positive/Negative Purity & Positivity in Thoughts, Words & Actions																															
11. Final Thought (Good Night)- Did you end the day thanking God.																															