



# THE ULTIMATE FERTILITY AND ADOPTION GUIDE



**Mellonie Warren**  
*Becoming the optimize woman*

## The Top 20 Questions To Ask A Fertility Doctor

1. What is my diagnosis, and how does this condition specifically interfere with my fertility? Does my partner have a condition that interferes with fertility? Will these conditions worsen over time, improve, or remain constant?
2. If the reason for my infertility is unclear, what diagnostic tests do you recommend? What is the likelihood that each of these tests will establish a diagnosis? Are there any risks associated with the testing? Does my partner need additional testing?
3. What type of treatment would you recommend trying first? Does this treatment involve surgery, medications, or both? What are the risks of treatment?
4. In your practice, how often does this treatment result in pregnancy? (Be sure to determine whether your doctor is talking about pregnancy rates or live-birth rates when discussing specific treatments so you can make adequate comparisons. For example, a treatment may have a 30% pregnancy rate per cycle but only a 25% live-birth rate due to early miscarriages.)
5. Are less-invasive or more conservative treatments available? How do these compare with your recommended treatment in terms of risks and success rates?
6. How many cycles of treatment would you recommend before trying another option? Do you recommend skipping a menstrual cycle between treatment cycles?
7. Are there any lifestyle modifications that might help my condition and increase my chances of getting pregnant?
8. (If this is an acceptable option for you) Would you recommend treatments using donor eggs and/or sperm? Does your clinic or practice offer these options?

9. What is my prognosis? In your opinion, how likely is fertility treatment to be successful for me? (While no doctor can give you an exact answer to this question, taking into account your personal medical information and age, your doctor's past experiences may allow him or her to roughly estimate whether you will have an average, below-average, or above-average chance of success).
10. What does treatment cost? Does my insurance cover any of the medications, hospital charges, or doctor's visits? If I must pay out-of-pocket, do you offer any special payment plans?
11. What's the first-line treatment for infertility?
12. Do I need to be in good health for fertility treatments? What about my partner?
13. What's the difference between male and female fertility treatments?
14. What is assisted reproductive technology, and how does it work?
15. Is surgery involved during fertility treatments?
16. Are there any risks involved with treatments for infertility?
17. What is Your Success Rate With This Treatment?
18. Are There Side Effects to This Treatment?
19. What Treatment Do You Recommend First, and How Long Will We Try This?
20. What Other Tests Do We Need? Does My Insurance Cover Them?
21. Why Haven't We Been Able to Conceive Yet?
22. The First Visit, a Big Step on the Journey to Conception
23. What tests will I need to have before treatment is commenced?
24. Why do I need to have each test?
25. What is the process? How many days will it take?

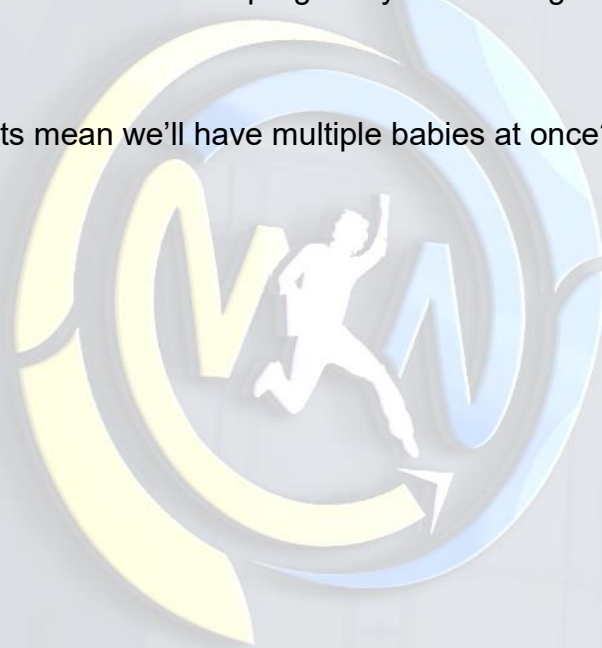
26. How soon can I start treatment? Waiting times?

27. How many times will I need to visit the clinic? Daily? Twice a day? Take time off work?

28. Will there be any side effects from the treatment?

29. What will happen if we don't achieve pregnancy? How long before we can try again?

30. Does fertility treatments mean we'll have multiple babies at once?



**Mellonie Warren**

*Becoming the optimize woman*

## 100 Fertility or Adoption Affirmations:

These fertility or adoption affirmations are positive statements that can help you challenge and overcome self-sabotaging and negative thoughts. You might consider affirmations to be unrealistic "wishful thinking." But try looking at positive affirmations this way: many of us do repetitive exercises to improve our physical health, and affirmations are like exercises for our mind and outlook. These positive mental repetitions can reprogram your thinking patterns so that, over time, you begin to think and act differently.

Chose a few affirmations to repeat daily.

1. I release all my fears and concerns about infertility and I declare myself fertile.
2. My child is coming and I receive my gift.
3. My journey to motherhood or parenthood is special and I am enjoying each moment.
4. I am whole and healthy.
5. I'm getting closer to my baby every day.
6. I am a healthy mother.
7. I will surrender to the process and take every day as it comes.
8. My baby will come at the right time and I trust the process.
9. The most perfect egg is preparing to be released by my ovary and the most perfect sperm is preparing to fertilize it.
10. I am happy at every stage of my life.
11. My womb does not define who I am.
12. I am whole and healthy for my body has the ability to produce healthy eggs, full-term pregnancy, and healthy child.
13. I am surrounded by healing and love.
14. I love my body.
15. My body knows how to conceive a healthy baby.
16. I am an amazing woman and I am an amazing mom.
17. I am worthy to be a mom.
18. I am a healthy prosperous loving mom to my child.
19. I set my worries aside and I allow my body to do its job.

20. My hormones are balanced and I am in my perfect time in my cycle.
21. Today is my day for a miracle to happen.
22. My body is where it needs to be to accept and carry a baby.
23. I am physically and emotionally strong enough to complete this fertility treatment.
24. I love myself.
25. I am physically and emotionally strong enough to complete my IVF treatment.
26. I love my life.
27. My female organs are whole and healthy.
28. I am proud of myself for doing everything in my power to conceive my baby.
29. I support my husband and my husband supports me in our journey to manifest our child.
30. I have an amazing team that supports me on my fertility journey.
31. I have confidence in the development of my body.
32. Everything is exactly as it should be in my life.
33. I will be a mother.
34. My heart is open my body is ready to carry our baby now.
35. I would not let the stress of infertility overtake my life.
36. I am thankful for my fertility journey.
37. I know I will be an amazing mother.
38. My baby is coming to meet me at exactly the right time and exactly the right way God intended.
39. I set my worries aside and allow my body to do its job.
40. I know God has a good plan for my family life.
41. I have healthy Fallopian tubes.
42. I am grateful for the blessings I already have in life.
43. I release emotional blocks that prevent me from conceiving my baby now.
44. My womb welcomes my perfect embryo.
45. I am healthy and I am happy.
46. My eggs are healthy and happy to be released during my next ovulation.
47. My life is exactly as I want it.

- 
48. I am operating my life exactly how God wants it.
  49. I am confident in my ability to be a mother.
  50. I choose a healthy lifestyle that enhances my fertility.
  51. I am worthy of a child.
  52. My body is working perfectly and knows exactly what to do.
  53. I have a healthy uterus.
  54. I am grateful for my healthy female organs.
  55. New Beginnings in my life.
  56. My body has the ability to heal itself.
  57. Loving energy surrounds my life.
  58. Abundance is coming by the service I accepted.
  59. I receive my healthy baby.
  60. I accept the responsibilities of motherhood and I know I will rise to the occasion when it comes time.
  61. I am a mother to healthy children
  62. I am ready to conceive a child.
  63. My body is incredibly strong, powerful and beautifully
  64. My body is preparing to carry a baby full term.
  65. I am happy I am blessed and I am ready for my baby.
  66. I receive my baby.
  67. I'll let go of every negative thought that comes against me and my body now.
  68. I am blessed with a healthy full-term pregnancy, healthy delivery and healthy baby.
  69. My eggs are healthy.
  70. I receive my husband's healthy sperm to produce a healthy pregnancy.
  71. I am blessed to be a mother
  72. My body is functioning correctly.
  73. I am grateful for my healthy lifestyle.
  74. I am grateful for my healthy mind.
  75. I am grateful for my healthy fallopian tubes.

76. My healthy womb produces a healthy full-term pregnancy, healthy delivery and healthy baby.
77. Every day in every way my body heals and a pair repairs itself.
78. I am loved.
79. I only allow loving Thoughts to fill my mind.
80. I trust my fertility process.
81. I will manifest my desire child now.
82. My womb is warm love and nourishment.
83. I love life.
84. I love and enjoy life.
85. Every day in every way my body is producing healthy organs and tissue.
86. Every day and way my body is blessing me.
87. I am blessed with a life filled with laughter and love.
88. Ever body brings me joy and I share joy.
89. I am safe I am protected I am love.
90. Any medication I take for fertility will do exactly what it's supposed to do.
91. everybody is come my body is relaxed
92. I am a full fertile woman.
93. I have the ability to produce a child at any age or stage.
94. My spouse is whole and healthy.
95. I am a healthy wealthy prosperous mom.
96. I am blessed with a child.
97. I am a happy mother.
98. I received my baby now
99. I am whole and healthy child.
100. I am a healthy mother to my healthy children.



## Here Are 20 Questions to Ask Before Choosing an Adoption Agency:

1. How does the agency support expectant families who are considering an adoption plan? What does their support look like?
2. How does the agency support birth families post-placement? What type of counseling and/or services is available for birth families?
3. What happens if the expectant parents change their minds? Will any fees paid to be rolled over to a new match?
4. How does the agency support adoptive families' pre-placement?
5. How does the adoption agency support adoptive families post-placement?
6. What is the average wait time for adoptive families to be matched?
7. What are the average fees, and where does the money go?
8. Do fees vary based on the race, ethnicity, or gender of the child?
9. What are the application fees (if any), and what do those fees go to?
10. Will I own the rights to my home study? Can I use my home study at another adoption agency if I choose to present to a situation outside of the agency?
11. How many social workers and staff does the agency have?
12. What is the preferred method of communication with employees at the agency?
13. What materials and books does the agency recommend for prospective adoptive parents?
14. Can the agency provide references from families (and birth families) who have adopted them?
15. If the adoption agency is outside of your home state, what laws should you know about regarding the termination of parental rights (TPR), and the window for biological families to change their minds?
16. How quickly does the agency respond to questions?

17. How does the agency facilitate communication between expectant or birth and adoptive families before, during, and after placement?
18. How many placements did the agency complete last year?
19. Will I know when my profile is being shown to an expectant parent? How often can I expect communication from a social worker or agency employee?
20. How long has the adoption agency been around?
21. What types of adoptions do you do? Does the agency only do domestic infant adoptions? Or adopting from foster care? Are most of the adoptions transracial adoptions?
22. What states do you do adoptions in? Do you operate only in our state, or multiple states? Or not in our state at all?
23. Do you do your own home studies or do we need to complete one first?
24. Do you do open adoptions? Closed?
25. Do you have a lawyer that you have for your adoptive parents to work with? If so, are they certified?
27. What services do you provide expectant women/parents?
28. What services are provided for birth parents post-placement?
29. What is your total fee and what does it go towards? Are there potential extra fees we should be aware of?
30. Do you use a match fee or just a placement fee?
31. If you use a match fee, is it refundable or does it roll over to another match?
32. How are expectant parent expenses handled? Are bills paid directly, or are they given a monthly stipend to use as needed? Do your agency pay into a large pot of funds for the agency to use for expectant parents as the agency sees fit, or do you only pay for what the expectant parent(s) you're matched with need?
33. How many adoptive couples are you working with at any given time?
34. How many placements did you have last year, and what is your average number of placements a year?
35. What is your "failed match" rate?
36. What is your average wait time?
38. What type of education do you provide adoption and expectant parents?

39. Is the same social worker working with the expectant parents as will be working with us? If so, how do you avoid conflicts of interest?
40. How do you present profiles to expectant parents?
41. What communication can we expect from you during the wait?
42. What if we find our own match, how do you handle that (including if the match is in a state you don't work in)? Is there a change in fees?
43. Is any support available for before or after placement?



**Mellonie Warren**  
*Becoming the optimize woman*

## Adoption Motivation Quotes

The bond that links your true family is not one of blood, but of respect and joy in each other's life.

*Richard Bach*

Little souls find their way to you, whether they're from your womb or someone else's.

*Sheryl Crow*

It's important to realize that we adopt not because we are rescuers. No. We adopt because we are rescued.

*David Platt*

Families don't have to match. You don't have to look like someone else to love them.

*Leigh Anne Tuohy*

Not flesh of my flesh, nor bone of my bone, But still miraculously my own. Never forget for a single minute, you didn't grow under my heart but in it.

*Fleur Conkling Heyliger*

Adoption carries the added dimension of connection not only to your own tribe but also beyond, widening the scope of what constitutes love, ties, and family. It is the larger embrace.

*Isabella Rossellini*

Being a mother is an attitude, not a biological relation.

*Robert A. Heinlein*

Adoption is when a child grew in its mommy's heart instead of her tummy.

*unknown*

However motherhood comes to you, it's a miracle.

*Valerie Harper*

Being a parent wasn't just about bearing a child. It was about bearing witness to its life.

*Jodi Picoult*

Adopting any child is a walk into the unknown. It takes Faith.

*unknown*

We should not be asking who this child belongs to, but who belongs to this child.

*James L. Gritter*

They may not have my eyes, they may not have my smile, but they have all my heart.

*unknown*

A child born to another woman calls me mom. The depth of the tragedy and the magnitude of the privilege are not lost on me.

*Jody Landers*

Family is not defined by our genes, it is built and maintained through love.

*Amalia G*

You don't choose your family. They are God's gift to you, as you are to them.

*Desmond Tutu*

Adoption is not the call to have the perfect, rosy family. It is the call to give love, mercy, and patience.

*Hope For Orphans*

Adoptive Mom? I am Mom. I need no other label or prefix.

*Joanne Greco*

There are times when the adoption process is exhausting and painful and makes you want to scream. But, I am told, so does childbirth.

*Scott Simon*

If you have a heart for adoption don't let fear stand in the way.

*Doug Chapman*

Adopting one child won't change the world: but for that child, the world will change.

*unknown*

My birth mother brought me into this world, but it was my adoptive parents who gave me life.

*Christina Romo*

By choice, we have become a family, first in our hearts, and finally in breath and being. Great expectations are good; great experiences are better.

*Richard Fischer*

We look at adoption as a very sacred exchange. It was not done lightly on either side. I would dedicate my life to this child.

*Jamie Lee Curtis*

Adoption is not about finding children for families, it's about finding families for children.

*Joyce Maguire Pavao*

Somehow destiny comes into play. These children end up with you and you end up with them. It's something quite magical.

*Nicole Kidman*

Children and mothers never truly part, bound together by the beating of one another's heart.

*Charlotte Gray*

There are so many kids in this world, and in this country, that need homes. And so we're perfectly content to look into adoption one day if for some reason we aren't able to have a biological child.

*Lisa Ling*

I think adoption is a blessing all around when it's done right.

*Hugh Jackman*



**Mellonie Warren**

*Becoming the optimize woman*

*Hello Fabulous People,*

*As you prepare for your fertility or adoption journey, I pray this guide will help you plan and make the right decision, as to which options are best to build your family. Whether you have been trying for months or years I want to help, you achieve your desire of becoming a mother.*

*You are warriors and nothing is impossible with God.*

*Remember to pray, plan and believe that God is still in the business of doing miracles.*

*Love,*

*Mellonie Warren (aka Coach Mel)*

**Mellonie Warren**  
*Becoming the optimize woman*