

The
Two - Week Wait
Mini Guide





Welcome, beautiful mama to be

I'm so glad you're here. If you're reading this, you're probably in the middle of the two-week wait, or about to be, and I know just how endless that can feel.

This mini guide is here to help you move through each day with intention, love, and trust the higher wisdom supporting you.

Instead of just passing time, let's focus on raising your energy, tuning into your body, and connect with the little miracle that's already on its way.

Inside, you'll find tips and activities that can support you in awakening your manifesting power and aligning your energy with the vibration of a positive pregnancy test.

I believe in your journey. And I'm sending love to the future you—the one whose tears of joy fall as she holds a positive test in her hands.

With love,

Rafaella



Day 1 – Embryo Transfer Day

Today marks the beginning of something beautiful. The moment your little embryo was placed into your womb, something shifted. This is not just a medical procedure, it's the start of a sacred bond. A connection between you and the little soul that may one day call you mama.

So today, allow yourself to rest, not just because you should, but because your body, your energy, and your spirit are holding something precious.

You've done so much to get to this moment. Let today be calm. Let it be full of trust. Let it be sacred.



Today's Intention:

I welcome my baby with grace, with love and with belief.

Creative Connection: Drawing Your Embryo

If you received a photo of your embryo, spend a few minutes with it today. Look at it not just with your eyes, but with your heart. Notice its shape. The light. The energy it carries.

Now, take a piece of paper and draw your embryo. As you draw, tune in to your baby's energy. Is it playful? Peaceful? Strong? Curious?



Talk to your baby as you draw:

"I see you."

"You are safe here."

"I've made space for you. I'm ready to receive you."

Let this creative moment be a way to connect, a way to shift from waiting to welcoming.

Gentle Reminder:

*There's nothing more you need to do today. Your energy is already working.
Rest in knowing and trusting your miracle is nearby.*



Day 2 – Honouring your Womb

Your womb is a place of wisdom, creation, and deep feminine power. Today is an invitation to connect with this sacred space where your baby may soon grow.

This is where life begins. Where safety is offered. Where nourishment flows. Even if you've experienced disconnection, grief or challenges with your womb in the past, today is not about expectation, but about appreciation and honour.



Today's Intention:

I honour the power and wisdom of my womb with gratitude.

Nourishing Womb Practice

Find a quiet space where you can sit or lie down comfortably.

Place your hands gently on your lower belly. Feel the warmth of your touch and the rhythm of your breath.

Imagine a soft, golden light glowing in your womb. This is the energy of love. Of safety. Of creation. Let it expand with every breath. Let it flow. Let it nourish.

You don't have to feel anything specific. Just be here. With your body. With your womb. With the knowing that it holds possibility.



You might whisper:

"Thank you."

"You are strong, you are wise, and I trust you."

"I welcome my baby into this sacred space."

Gentle Reminder:

Your womb already knows how to hold, how to protect, how to welcome. Let your energy speak the language of love and safety. Let your womb feel seen, held, and honoured.



Day 3 – Inviting your baby to nest

By now, your embryo may be starting to settle into your womb—the sacred space you’ve lovingly prepared. Today is about inviting. Guiding. Welcoming.

Your baby’s soul already feels your energy. The love you hold. The openness of your heart. This is the time to strengthen that invisible bond between you and your baby.



Today's Intention:

I invite my baby to settle in my womb with love, trust, and warmth.

Guidance to Nest Practice

Find a quiet space where you can be still.

Sit or lie down, placing one hand on your heart and the other over your womb. Take a few slow, deep breaths. Inhale into your heart, exhale into your belly. Feel the space you’ve created with love.

Now, gently bring your awareness to your baby. Imagine their presence nearby, perhaps drifting gently within your energy field, waiting for a safe place to land.



Speak to your baby with your heart:

“Sweet baby, I feel you. I’m ready for you.”

“This space is yours. I’ve prepared it for you with love.”

“You are safe here. You are welcomed. You are already so loved.”

Visualize their essence entering your womb like a golden spark of light, softly nestling into the warmth, finding comfort in your loving presence.

Gentle Reminder:

Your baby senses your love. It’s guiding them toward you.



Day 4 – Envisioning your Pregnancy

Today is about dreaming and feeling joyful for what's on its way. When you align your energy with the frequency of a joyful pregnancy, you begin to feel it as if it's already happening.

This isn't wishful thinking—it's energetic preparation. It's you saying, **“I believe this is coming, and I'm already making space for it.”**

So today, let's tap into that vision. Let's create a mood board that helps you step into the version of you who is already expecting her little miracle.



Today's Intention:

I allow myself to feel the joy and excitement of becoming a mother.

Creative Practice: Pregnancy Mood Board

Find some space on paper, in a journal, or digitally (Pinterest works beautifully!) and start gathering images, words, and textures that make you feel pregnant. What would pregnancy look like for you?



Include anything that brings your vision to life:

- Baby bumps wrapped in flowing dresses
- Maternity fashion you can already see yourself wearing
- Your dream cravings (hello, watermelon at midnight!)
 - The cosy chair you'll curl up in with your baby
- Glowing skin, laughter, that dreamy pregnancy glow
- Quotes or affirmations that anchor your belief

This isn't about getting every detail right. It's about feeling into the energy of this next chapter. Let it be dreamy. Let it spark excitement in your heart and stir joy in your body.

Gentle Reminder:

Every time you look at this board, let it remind you of what's possible. Let it speak to your cells. Let it shape your inner world—so your outer world can rise to meet it.



Day 5 - Make Your Personal Affirmation Cards

Words have power. When spoken with emotion and intention, affirmations can rewire your beliefs, shift your energy, and align your inner world with your deepest desire.

Today, you'll create your own affirmation cards—small love notes from your future self—anchoring the truth that you are becoming a mother.



Today's Intention:

Each word I speak brings me closer to the mother I am becoming.

Creative Practice: Make Your Affirmation Cards

Use index cards, paper, sticky notes, or a digital canvas—whatever feels good. Create 3–5 cards with affirmations you want to root into your daily life. Each card is a whisper of truth. A frequency you're stepping into.



Here are some examples for inspiration

"I am deserving to be a mother"

"My baby is already on its way to me"

"My body is ready to nourish and grow my baby"

"I trust the timing of my journey"

"I am safe to receive my miracle"

"My womb is a warm, welcoming home"

Feel each word as you write it. Breathe it in. Let your body receive it. Decorate your cards with anything that light you up. Place them on your mirror, bedside table, or inside your journal. Anywhere you'll see them often.

Gentle Reminder:

Speak your affirmations out loud—especially when doubt tries to sneak in. Let these words be your truth until they become your reality.



Day 6 – Nourish to Flourish

Your body is the sacred home where new life begins—and how you nourish it matters. What you eat today becomes the building blocks for your baby tomorrow. And science is clear: nutrition directly impacts fertility, implantation, and the health of your future pregnancy.

So today, we tune into nourishment as an act of deep love and devotion – to yourself, and to the life you're calling in.



Today's Intention:

I nourish my body as the fertile ground for new life

Fertility-Focused Food Plan

Fertility-Focused Food Plan

Begin by reflecting: *What would it look like to eat like someone preparing for her miracle?*
Here are three steps to guide you.

Step 1: Prioritize Nutrients that Matter Most

(Check in with a trusted nutritionist or midwife to personalize your supplement plan).

In general, consider focusing on:

- Folic acid or methylfolate (400–800 mcg) – helps prevent neural tube defects.
 - Vitamin D – supports hormone balance and immunity.
- Omega-3s (especially DHA) – supports baby's brain and eye development.
- Iron, B12, Zinc, Magnesium – all essential for fertility and early pregnancy.
 - Choline – supports early brain development and placental health.

Choose high-quality, bioavailable supplements. Ideally whole-food based or practitioner-grade – so your body can truly absorb what it needs.



Step 2: Fill Your Plate with Fertility Superfoods

These nutrient-dense foods prepare your womb for pregnancy:

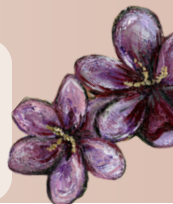
- Blueberries – packed with antioxidants and fiber.
- Leafy greens (spinach, kale) – rich in folate and iron.
- Avocados – healthy fats and folate in one creamy bite.
- Eggs (especially the yolks) – a great source of choline.
- Pumpkin seeds & walnuts – full of zinc and omega-3s.
- Quinoa & lentils – plant-based protein and iron.
- Bone broth or veggie-rich soups – healing and hormone-supportive

Step 3: Make a Meal Plan

Sketch out a simple weekly plan to take out the guesswork out of meals. Keep it simple and realistic – this is about making nourishment easier, not harder. A little structure frees up mental space and helps you stay aligned with your intention.

Gentle Reminder:

Let each nourishing bite be a love language to your womb, your spirit, and your future baby.



Day 7 – Move with Intention

Your womb thrives on flow—of blood, of breath, of energy. Regular movement supports hormonal balance, reduces stress, and most importantly, increases circulation to your uterus, making it a more receptive, nourished place for implantation and pregnancy.

Whether you're already active or just beginning, today is an invitation to move with purpose



Today's Intention:

I move with purpose, knowing every step supports my miracle.

Movement for Fertility Flow

First, check in with your current rhythm. Are you already moving regularly? Beautiful—keep going. Just be intentional about including practices that bring warmth and flow to your womb space.

Here are some supportive exercises to consider:

- Fertility Yoga – gentle hip openers, twists, and pelvic tilts
- Walking in nature – boosts circulation and calms your nervous system
 - Dance – even just in your kitchen, moves stuck energy
- Low-impact strength training or Pilates – supports hormone balance
- Breathwork & pelvic floor exercises – enhance uterine blood flow and awareness

If movement isn't yet part of your routine, start small:

- Take a 15-minute walk after lunch or dinner
- Do a 10-minute gentle stretch in the morning
- Try one fertility yoga class on YouTube this week

Create Your Movement Map.

Sketch out a weekly movement schedule that feels sustainable and supportive. You don't need to overdo it—consistency and intention are what truly make the difference

Gentle Reminder:

Move joyfully. Move like you are already carrying a miracle within you



Day 8 – Prepare Your First Trimester Must-Haves

Sometimes the smallest things, like a pair of soft leggings or a pack of ginger chews, can make pregnancy feel real. Gathering a few thoughtful essentials now not only prepares you practically, it signals to your mind and body: I am getting ready. I believe this is happening.



Today's Intention:

I prepare with love, trusting that my miracle is already on its way.

First Trimester Ready List

Sometimes the smallest things, like a pair of soft leggings or a pack of ginger chews, can make pregnancy feel real. Gathering a few thoughtful essentials now not only prepares you practically, it signals to your mind and body: I am getting ready. I believe this is happening.



Start creating your personal "pregnancy must-haves" list.

These can be simple items that make you feel ready. Here are some favourites to explore (mom blogs and honest YouTube reviews can be goldmines):

- Comfy high-waisted leggings or maternity joggers – hello, belly space
 - Ginger pastilles or tea – to ease queasiness
- Pregnancy-safe skincare – because your glow deserves clean nourishment
 - Prenatal vitamins – the good ones (ask around!)
- Belly band or gentle support wear – to cradle your growing bump
 - Nursing bras (yes, even now!) – ultra comfy and stretchy
 - A good water bottle – hydration is everything
 - Cosy socks or slippers – you'll be nesting more
- Pregnancy journal or app – to track your journey and bond
 - Soothing bath salts or oils – self-care is sacred

Gentle Reminder:

Each item is a symbol of your faith, your care, your readiness. You are not just hoping. You are preparing like it's already yours. Because it is.



Day 9 - Listening to Your Body's Whispers

Your body is always speaking to you—and in these tender days of possibility, it may begin to whisper signs that something is shifting. Maybe it's subtle: a change in sensation, a twinge, a wave of tenderness. Maybe it's just a feeling.

Today is about becoming a loving observer. A curious witness. A sacred keeper of your own signs.



Today's Intention:

I listen to my body with patience, trust, and love.

Body Awareness Practice

Set aside a few quiet minutes today. Gently bring your awareness to your body – from head to toes.

Ask yourself:

What do I feel today? What's new? What's familiar?

Take a moment to write down anything you notice—even the smallest details.

These observations are sacred.

Keep tracking your sensations over the next few days. It can be both grounding and magical to witness quiet signals your body may be sending.



Common early signs of pregnancy may include subtle shifts such as:

- Mild bloating
- Slight change in nipple colour
- Breast tenderness or fullness
- Light cramping or pelvic pressure
- Fatigue or sudden sleepiness
- Emotional waves or sensitivity
- Changes in appetite or taste
- Heightened sense of smell
- A soft tugging or pulling sensation in the lower belly

Gentle Reminder:

Even if you don't feel much yet, trust that your body is holding the wisdom beyond what's visible. Stay connected. Stay hopeful.



Day 10 – Align Your Home with Celebration vibrations

Your home holds energy—it breathes with you, supports you, and reflects you. And when you're calling in something as sacred as new life, your surroundings can either uplift or drain your spirit.

That's why today, we honour your space. We treat it like the temple it is. A place where celebration is already happening.



Today's Intention:

I create space that matches the joy I am calling in.

Home Energy Cleanse & Sacred Display

Step 1: A Gentle Energy Cleanse

Intentionally shift the energy of your home:

- Open the windows – invite in fresh air and flow
- Light a candle to awaken warmth and presence
 - Play music that feels like joyful
- Walk through each room and affirm:

“This space is ready to receive new life”

Step 2: Create a Visual Reminder of Your Journey

Choose a sacred space—a nightstand, shelf, or a corner of your room—and decorate it with love

Display the creations you've made in the last few days:

- Your affirmation cards
- Your pregnancy mood board
- A symbol or photo that holds your intention
- Your journal or a favorite quote
- A small object that represents motherhood or fertility to you

Let this be a joyful altar—a celebration corner that reflects all the beauty, belief, and creativity you've poured into this journey.

Gentle Reminder:

Your outer world mirrors your inner world. When you place your creations in your space, you're anchoring the energy: This is real. This is happening.



Day 11 - Connect with the Baby Growing Inside You

There is already a little life growing within you. A tiny soul, present and unfolding, cradled inside your body. And though it may still feel early, your connection has already begun.

Your baby can feel your energy. Your warmth. Your love. So today, take a moment to speak to them—to let them know they are safe, wanted, and deeply cherished



Today's Intention:

I speak to the baby growing inside me with love, trust, and joy.

Write a Letter to Your Baby

Find a quiet space. Light a candle, hold your belly, and breathe into the miracle already unfolding inside you.

Then, write a letter to your baby—your little one who is already here, already listening, already connecting with you in their own sacred way.

Tell them how much you love them. Share your hopes, your dreams, your joy.

It's okay to admit you're a little nervous for test day—but let them know that above all, you trust. You trust your body. You trust this process. You trust in their arrival.

When you're ready, read your letter out loud. Let the sound of your voice wrap them in love.



Gentle Reminder:

Your baby already feels you. Already knows your heart. Each word you speak is a seed of connection. This is how your motherhood begins—not with confirmation, but with love.



Day 12 - Release Your Fears into nature

As the moment of knowing draws near, it's natural for nervousness, doubt, or fear to rise. Know this: the Earth is here to hold you. Trees, in particular, are wise, ancient beings—revered in many indigenous and spiritual traditions for their ability to neutralize and recycle energy.

Like loving guardians, they know how to receive what no longer serves you and return light in its place. So today, we turn to the trees. We let them help us return to peace.



Today's Intention:

I release fear and receive peace. I trust the path unfolding.

The Tree of Trust Practice

Take yourself on a gentle walk today.—somewhere with tall, grounding trees, if possible. As you walk, notice how the Earth feels beneath your feet. Feel into your body. What are you carrying today—nerves, worries, expectations?

When you feel drawn to a particular tree, pause. Let your intuition guide you. Stand before it. Place your palms gently on its bark.

Close your eyes and visualize:

As you exhale, imagine your fear, doubt, and anxiety flowing out of your body—down through your arms, into your hands, and absorbed by the tree.

As you inhale, imagine white light entering through the soles of your feet, rising up through your body, filling you with calm, trust, and clarity.

Stay here for as long as you need. Let the tree do its sacred work.



Gentle Reminder:

You are not alone. You are supported by the Earth, the trees, the life around . Let your fears be recycled. Let your heart feel light again. Let yourself believe

“Everything is unfolding in perfect timing. I am safe. I am ready.”



Day 13 - Prepare for Your Reveal Moment

Whether you're awaiting a blood test or planning to take a high-quality home test, the moment of knowing is near. The energy is building. Rather than letting nerves take over, you're invited to meet this moment with excitement and trust.

Today is about the sacred unveiling of what may already be known in your heart.



Today's Intention:

I feel you with me, little one. My heart already knows what my eyes are about to see.

Reveal Moment Visualization Practice

Find a quiet space where you feel safe and grounded. Close your eyes. Take a few deep breaths. Let your body soften and your heart open.

Now, imagine:

It's the moment you've been waiting for. You're holding the test results—the one you'll take alongside or before your blood results.

This could be the day your little miracle is confirmed.

Ask yourself:

Where are you? In your bedroom? in the bathroom?

What are you wearing?

Are you alone or with someone you love?

Are you recording the moment? Or letting it remain sacred and private?

Picture it all in vivid detail.

Now, imagine you see the result: positive.

How does your body respond?

What's your very first emotion?

Do you place your hand on your belly?

Let it wash over you. Soak in the joy.

Stay here for a few minutes and let your body memorize this feeling

Gentle Reminder:

You are awakening the emotions of a positive pregnancy test before you receive with a full heart and deep gratitude.



Day 14 - The Big Day: Celebrate Before You Know

This is not just test day—it's celebration day. Because today you are choosing to live in the energy of what you desire before it arrives. You feel it. You embody it. You trust it's already yours.

This is the vibration of yes—a soul-deep expression of joy, belief, and readiness. You've done the preparation. Now comes the celebration.



Today's Intention:

I am the energy and celebration of my pregnancy.

Full celebration day practice

Let today feel like a party for your soul. Here's how to invite that joy in:

Step 1: Start with Heart-Centred Intentions

Begin the day by speaking love into your space:

"I am pregnant. My miracle is here. I welcome this new life with joy."

Step 2: Move in Joy

Let your body join the celebration:

- Dance as if your test is already positive.
- Walk in nature and feel it celebrating with you.

Step 3: Make Today Special

Infuse your day with beauty and delight:

- Wear something that makes you feel radiant and magnetic.
 - Make your favourite breakfast.
- Watch a feel-good movie or a show that makes you laugh.
 - Play music that lifts your energy and opens your heart.

Step 4: Be Gentle with Yourself

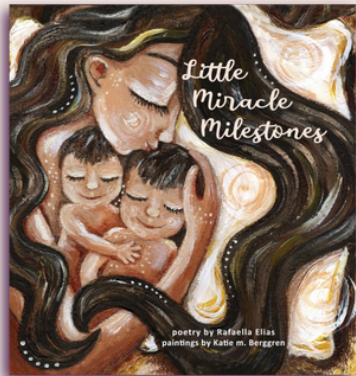
This is not a day for pushing yourself or productivity. It's a day for presence. Let go of expectations. Trust that you are in alignment with your highest good.

Gentle Reminder:

This is your day to celebrate. Because the energy of motherhood already lives within you.



*"Believe in your baby and
the mother you're meant to be"*



*A love letter from mother to baby —
even before they meet*

A collection of affirmation-infused poems written as a dialogue between mother and baby. Paired with evocative illustrations by Katie M. Berggren, America's #1 motherhood artist, this book offers an invitation to hope, belief, and gratitude.

*A therapeutic companion on the
journey to motherhood*

Filled with reflective prompts, emotional healing exercises, visualizations, and mindset tools to release limiting beliefs, build emotional resilience, and stay grounded at every stage — from infertility through pregnancy, and into early motherhood.



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