

THE CONCEPTION ROADBLOCK BONUS PACK (Worth ₦5,000)

The Conception Roadblock™ Self-Assessment Workbook

Discover Your Biggest Fertility Roadblock in Just 15 Minutes

Before you spend another naira on supplements, herbs, fertility teas, or another online program, take this simple assessment.

This workbook will help you identify the one roadblock that deserves your attention first, so you can stop guessing and start making more informed decisions.

What's Inside

Part 1: The Fertility Clarity Quiz

Answer 25 simple questions to evaluate five key areas of your fertility journey:

- Body Clues
- Information Overload
- Financial Spending
- Emotional Stress
- Direction & Planning

Part 2: Your Roadblock Scorecard

Add up your scores to discover which of the five Conception Roadblocks™ is having the greatest impact on your journey.

Part 3: Your Personal Action Plan

Once you've identified your biggest roadblock, complete the action page by answering:

- *What have I learned about myself?*
- *What habits need to change?*
- *What should I stop doing immediately?*
- *What questions should I ask at my next appointment?*
- *What is the ONE action I will take this week?*

My Fertility Clarity Quiz

Instructions: Rate each statement from 1 to 5.

- 1 = Never
- 2 = Rarely
- 3 = Sometimes
- 4 = Often
- 5 = Almost Always

Body Clues

- ☐ I don't consistently track my menstrual cycle.
- ☐ I ignore changes in my body because I assume they're normal.
- ☐ I struggle to explain my symptoms clearly.
- ☐ My cycle patterns confuse me.
- ☐ I often rely on memory instead of keeping records.

Total: ____ / 25

Information Overload

- ☐ I constantly search online for fertility advice.

- ☐ Different opinions leave me confused.
- ☐ I frequently switch from one solution to another.
- ☐ I struggle to know who to trust.
- ☐ I consume more information than I apply.

Total: ____ / 25

Financial Spending

- ☐ I've spent money on products without a clear plan.
- ☐ I've purchased remedies because I was afraid of missing out.
- ☐ I don't know exactly how much I've spent trying to conceive.
- ☐ I've bought products that I never finished using.
- ☐ I often regret some of my fertility purchases.

Total: ____ / 25

Emotional Stress

- ☐ Fertility occupies my thoughts almost every day.
- ☐ Pregnancy announcements affect my emotions.
- ☐ I feel emotionally exhausted.
- ☐ I sometimes feel isolated in this journey.
- ☐ I find it difficult to enjoy life while waiting.

Total: ____ / 25

Direction & Planning

- ☐ I don't have a written fertility plan.
- ☐ I often react to new advice instead of following a strategy.
- ☐ I don't know what my next priority should be.
- ☐ My fertility journey feels scattered.
- ☐ I feel busy but not necessarily closer to my goal.

Total: _____ / 25

Your Results

The section with the highest score is likely your biggest Conception Roadblock™ right now.

That is where your attention should begin.

Remember:

Clarity comes before action.

When you identify the right roadblock, you stop wasting time, money, and emotional energy chasing solutions that don't fit your situation.