

The New Eve Method® Starter Guide

Affirmation Statements

- ❖ I am a new Eve, and I have for my role model Mary the New Eve.
- ❖ I have a motherhood vocation, and I am called to find holiness in and through my motherhood vocation.



Spiritual Targets

- ❖ Offering my day and motherhood experience every morning to God through Mary
- ❖ Returning to God several times a day to ask Him what He wants of me.
- ❖ Saying the Angelus at 12 is a good time to reconnect with God and ask with Mary what He wants me to do.
- ❖ Saying and reflecting on the mysteries of the Holy Rosary at least once a week and ideally every day.
- ❖ Committing to learning more about the Church's teachings on motherhood (resources will also be provided in the Academy).
- ❖ Examining your day and motherhood experience at the end of the day and at different times.

Fertility Targets

- ❖ Aim to eat healthy according to your motherhood stage.
- ❖ To drink up to 8 cups of water/fluid every day.
- ❖ To walk or do some form of aerobic exercise for 10 minutes every day.

