



# JOURNALING PROMPTS: FUTURE PREGNANCY AND BIRTH PREPARATION

As you begin this journaling practice, I encourage you to allow these inquiries to arise not only from the mind but also from the body. Rather than analyzing or overthinking your responses, take a moment to pause, breathe, and notice the sensations, emotions, and energy present in your body as you reflect. Let your body's wisdom guide you as much as your thoughts. If you feel tension, warmth, or any other sensation while writing, take a moment to explore it—this can offer powerful insights that words alone may not reveal. Trust that your body holds its own story, and by listening to it, you can unlock a deeper layer of healing and understanding.

## **Envisioning My Next Birth:**

- When I imagine my future birth, what feelings come up—excitement, fear, hope, empowerment? How does my body respond to these emotions?
- What would my ideal birth look and feel like? Describe it in detail—the atmosphere, the people present, how I feel physically and emotionally.
- What changes would I like to make for this next birth compared to my last? How do I want to approach labor differently, if at all?
- What emotional and physical resources would I like to have during my next birth (e.g., support from a partner, midwife, or doula, calming techniques, a specific birth environment)?

## **Affirming My Body's Strength and Wisdom:**

- What are three things I love and appreciate about my body? How has my body supported me through my previous birth and in life overall?
- What affirmations or mantras resonate with me as I prepare for my next birth? Examples: "My body knows how to birth," "I trust myself," "I am capable of birthing with strength."
- How can I continue to nurture my body and mind as I prepare for pregnancy and birth again?



### **Setting Intentions for My Future Birth:**

- What are my deepest intentions for my next birth? (For example, do I want to feel more empowered, more in control, or more connected to my baby?)
- How can I create the right environment and support system to align with those intentions? What actions can I take now to prepare for that experience?
- What is one thing I can start doing today that will help me move toward the birth experience I desire?

### **Rewriting My Birth Story:**

- If I could go back and rewrite my previous birth, what would I change? Would I make different decisions, or is there a moment I wish unfolded differently?
- How can I visualize this new version of my birth in a way that feels empowering and healing? How does this version of the story make me feel about my ability to give birth in the future?
- How can rewriting my birth story help me trust and believe in my body's ability for the next time?

### **Daily Reflection**

I invite you to take 10-15 minutes at the end of each day to reflect on your body's sensations, emotions, and thoughts.

- Today, my body felt...
  - An emotion I noticed was...
  - One thing I appreciated about my body today was...
  - A step I took toward preparing for my next birth was...
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