

WHAT'S YOUR WHY?

# Birth Vision Worksheet

## STEP ONE:

### *Uncovering Your "Why"*

Answer these questions to gain more clarity when developing your "why" ...  
*why you're here and why preparing for your birth matters to you...*

**1: How is your mindset right now, and where do you want it to be before you give birth?**

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**2: If anything was possible, what kind of birth would you wish for?**  
Describe it in detail. What is happening? What isn't happening?

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**3: When you envision the perfect birth how does it feel?**

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**4: On a scale of 1-10, how motivated are you to have the birth you desire?**

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**5: What's the drive behind that motivation?**

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**6: What major changes in pregnancy have been most difficult for you?**

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**7: What is the greatest mental challenge you've ever had to overcome?**

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**8: What is the greatest physical challenge you've ever had to endure?**

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**9: As it stands now, is there anything in your birth plan you feel like you're compromising on?** *(P.S—You will get the step-by-step framework to craft a written birth plan during week 8)*

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**10: Do your birth choices really reflect what you want? If no, who is choosing for you?**

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**11: Are there any changes you want to make in your life before your baby comes?**

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**12: What are your biggest questions when it comes to birth?**

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## STEP TWO:

# *Developing Your Big-Picture Birth Vision*

Now that you have answered some important questions regarding your birth, it's time to come up with your **big-picture birth vision**. This next exercise aims to help you come up with one or two sentences that will shape your entire birth prep journey. We are going to simplify your birth goals into one clear, concise, overarching goal.

### ***Here's what you need to do:***

- 1 Grab your phone and set a timer for 5 minutes MAX (*and play some good music*).
- 2 **Imagine your perfect birth.** What is going on around you? Where are you? How do you feel? Who is supporting you? What are your goals?
- 3 **Go for it!** On the next page, write down everything that comes to your mind when you think of your "*perfect birth*".

### ***Then, it's time to narrow down your goals:***

- 4 Cross out everything you wrote down that has to do with **outcomes**. These would be statements like "*Everyone is healthy*", and "*I don't have a cesarean section*".... cross those out!
- 5 Cross out any statement that has to do with **other people**. These would be statements like "*my husband is a good support person*", or "*my midwife shows up to my birth when I'm in transition*", or "*my nurse is calm and nice*"... cross those out!
- 6 Rewrite any negative goal, into a positive statement. "*I don't want to freak out*" turns into "*I want to remain calm*", and "*I don't want to lose control*" turns into "*I want to always be in charge*". Got it?

**Then, pick one or two overarching themes or goals that your birth prep will revolve around. Keeping these goals in mind will help you move forward towards your birth with more clarity and intention.**



## My BIG-PICTURE Birth Vision Is...

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**...and I promise to keep this goal in mind through my  
entire birth journey.**