



# THE Peaceful PREGNANCY

REAL PEACE FOR REAL BIRTH

HOW TO ACHIEVE

## Hopeful Hyper Focus

A guide to quiet your soul & focus your thoughts



### *You set aside time*

Be intentional about when & where you are going to get quiet space. Decide how often you want to practice peacefulness & don't let anything interfere. It doesn't take long. You should be fine.

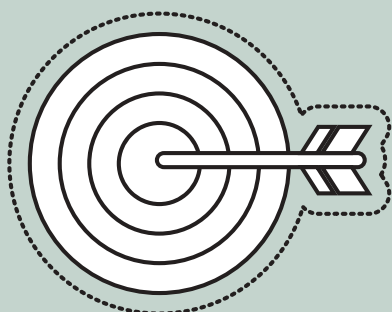
### *You get quiet*

Minimize distractions. No phone. Cultivate quiet places to get a quiet heart. Practice Prayer. Utilize a variety of prayer practices to integrate it into daily life.



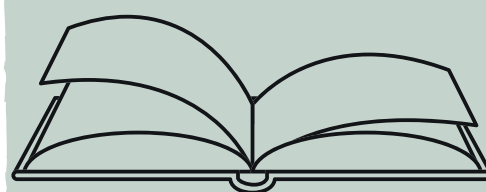
### *You stay quiet*

Start with a 15 minute goal. Quiet focus is likely new & challenging. Build up to 30 minutes. When your thoughts wander, don't be discouraged, just re-focus



### *You Practice*

Build daily rhythms. Use a habit tracker & celebrate victories, no matter how small. See it as training for birth.



Learn more about Hopeful Hyper Focus at  
[www.thepeacefulpregnancy.com](http://www.thepeacefulpregnancy.com)