



# Mindful Birth Journey

a guided journal.

with Jessica Ghigliotti

# Mindful Birth Journey

A guided journal by Jessica Ghigliotti

Hello Beautiful Mama, and congratulations! Thanks you so much for letting me join you on this journey. It is my hope that this journal helps you look inside yourself as you prepare for the transformation of giving birth. Please try not to see this as a simple worksheet; some of these questions will require deep introspection. You may need to meditate on a question, or mull it over for a day or so. The last 5 pages are blank extras, and you can print these off multiple times and put them in your binder wherever you need more space. Taking your time and really going deep within will help you get the most out of this journal.

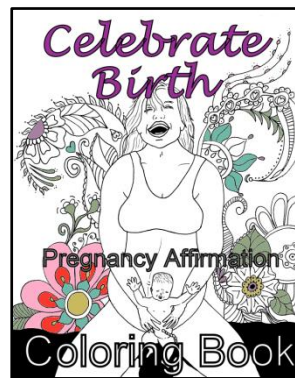
Have a wonderful pregnancy and transformative birth!

If you loved this journal, go ahead and **email it to a friend!**

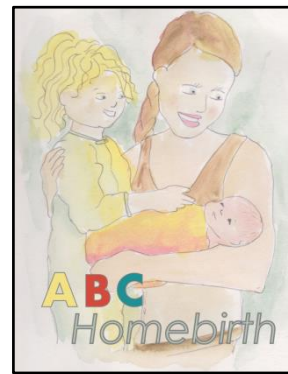
## If a friend sent you this...

First of all, you have some awesome friends! ;) You might also like my FREE

Celebrate Birth Coloring Book



ABC Homebirth



&

Available at [BirthArtByJessica.com](http://BirthArtByJessica.com)

- My gift to you!

**Midwives, Doulas and all birth professionals:**

*Feel free to print unlimited copies for your clients. I only ask that you do not sell, do not alter the original images, and do not remove my artist credit. Thanks.*

Hugs!

Jessica Ghigliotti

[BirthArtByJessica.com](http://BirthArtByJessica.com)

Psst!

Would you take a moment to help me serve my mamas better?

Great!

This is the first version of this journal.

I am always looking to improve and be more helpful.

Would send me a quick email of feedback on this journal?

What you like. What you don't. What you wish it had. How it helped.

Thanks for being awesome!

-Jessica Ghigliotti

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# List of Favorite Names

Boy

Girl

First Names

Middle Names

Favorite Combinations



# Questions for my Care Provider

My questions:

Provider's answers:



JMJ  
Letter to My Baby  
First Trimester



JMJ

Letter to My Baby  
Second Trimester



JMJ  
Letter to My Baby  
Third Trimester



JMJ  
*Looking Within*

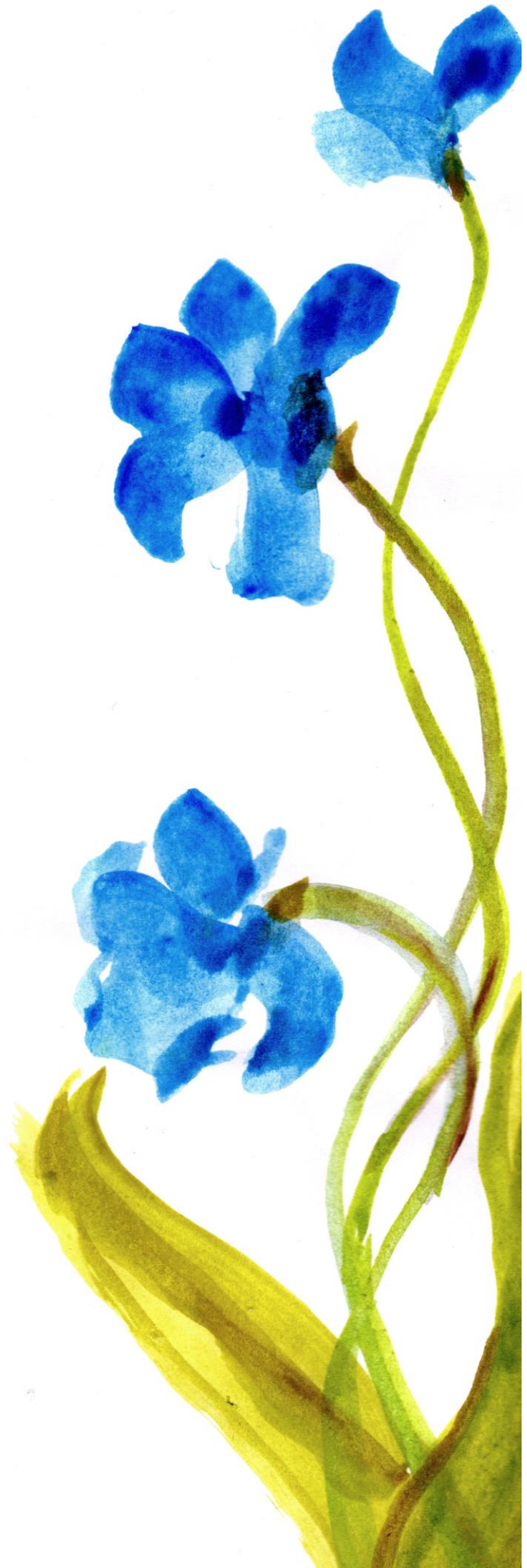
What are my feelings about this pregnancy?

How does my partner feel about this pregnancy?



How do my partner's feelings affect me?

In what ways am I gentle and patient with myself?





How do I feel about my  
changing body?

What does it mean to me to be nurtured?

What does self-nurturing mean to me?

In what ways have my emotional and spiritual needs changed now that I am pregnant?



Are my needs currently being met?  
How can I see that they are?

What is my favorite outlet for expressing my new  
thoughts and emotions?

What are my favorite daydreams about this baby?



What is the spiritual significance to me of  
having a baby?

Is there any person I hope to model as a mother?

Is there any person I am afraid of becoming like?



What fond memories of my own childhood do I hope  
to bring into my baby's life?

What aspects of my own childhood would I like to  
change for my child's life?



How do I envision my ideal birth?



What is my birth plan?



What are my fears about this birth?



## Fear Releasing Practice

Complete this activity for every fear listed above.

Print out additional sheets if necessary

(pages 20 – 24 in the PDF)

1. Name the fear.
2. Close your eyes for a moment and visualize the fear.
3. What are positive action steps you and your support people can take to prevent this fear?
4. Rewrite the script. Close your eyes again and visualize the positive actions keeping you and baby safe.
5. Turn your fear into a positive affirmation.  
Example: "I'm afraid I will bleed too much."  
becomes "My excellent diet and physiological birth help my bleeding slow quickly. My birth is safe and normal."
6. Post this new affirmation someplace you will see it every day.



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JMJ  
Support Team

Who do I want at my birth? For each person, in what way  
do I want them to support me?

Person:

Support I want:

Have I clearly communicated with each person what support I want from them?

For each person, how do they make me feel when I'm with them?

Person:

My Feelings:

Do all my desired support persons get along with each other?

Do I honestly want each of these people there? Is there anyone I am inviting out of a sense of obligation?

How do I feel when my care provider walks into the room?



How do I feel when my care provider walks *out* of the room?

What do I love about my care provider?

What makes me uneasy about my care provider?

What do I dislike about my care provider?

Have I discussed my ideal birth with my provider? The physical, emotional and spiritual components I envision for my birth? Is there anything more I should discuss with them?



## Crafting My Birth

What ambiance do I want in my birthing space?

Who will be in charge of creating this environment while I'm busy giving birth?



What are my favorite birth affirmations?

How am I preparing for this birth physically?






How am I preparing for  
this birth mentally?

How am I preparing for this birth emotionally?

How am I preparing for this birth spiritually?



Will we announce the name before birth?  
The sex? The estimated due date?



*Will we let anyone know we are in labor? Who will we first announce the birth to, and when?*

*Are there any potential difficult family situations I am worried about? What proactive steps can we take?*

JMJ  
Know Thyself

This section first explores how you and others might recognize your stress responses, and consider possible triggers. Then you'll explore what key feelings you desire at your birth, and how to encourage them.

Anxiety:

How do I usually act when I am  
anxious?

What body sensations do I experience  
when I am anxious?

What situations usually lead me to be  
anxious?

What circumstances might trigger  
anxiety during my birthing time?

What helps me be less anxious?



Depression:

How do I usually act when I am depressed?

What body sensations do I experience when I am depressed?

When have I experienced depression in the past?

What is my plan of action if I realize I am suffering from depression, before or after the birth?



Humiliation:

How do I usually act when I am  
humiliated?

What body sensations do I experience  
when I am humiliated?

What circumstances have left me  
feeling humiliated in the past?

What circumstances might lead me to  
feel humiliated during my  
birthing time?

What could help me feel less humiliated?





Helplessness:

How do I usually act when I feel  
helpless?

What body sensations do I experience  
when I feel helpless?

What circumstances have left me  
feeling helpless in the past?

What circumstances might lead me to  
feel helpless during my  
birthing time?

What could help me feel less helpless?

Strength:

What makes me feel strong?

When was the strongest I have ever felt?

What do I need to feel strong during my  
birthing time?





Safe:

What makes me feel safe?

When was the safest I have ever felt?

What do I need to feel strong during my  
birthing time?

Loved:

What makes me feel loved?

When was most loved I have ever felt?

What do I need to feel loved during my  
birthing time?



Feminine:

What makes me feel feminine?

When was most feminine I have ever felt?

What do I need to feel feminine during  
my birthing time?


Relaxed:

What makes me feel completely relaxed and surrendered?

When was most relaxed I have ever felt?

What do I need to feel totally relaxed and surrendered during my birthing time?





On the next few pages, rewrite your ideal birth from page 14 but this time inserting your ideal emotions.

Example: "My contractions get stronger and we call the midwife. Hubby fills the birth pool. I get in just as the midwife arrives."

Becomes:

"My contractions get stronger and each one fills me with peace and calm. We call the midwife. Hubby fills the birth pool. His steady strength makes me feel supported and loved. I get in the pool and sink deeply into the warm, wonderful water, feeling comfortable and relaxed. The midwife arrives, her presence filling our home with a motherly calm."

Use a highlighter to highlight every *feeling*.

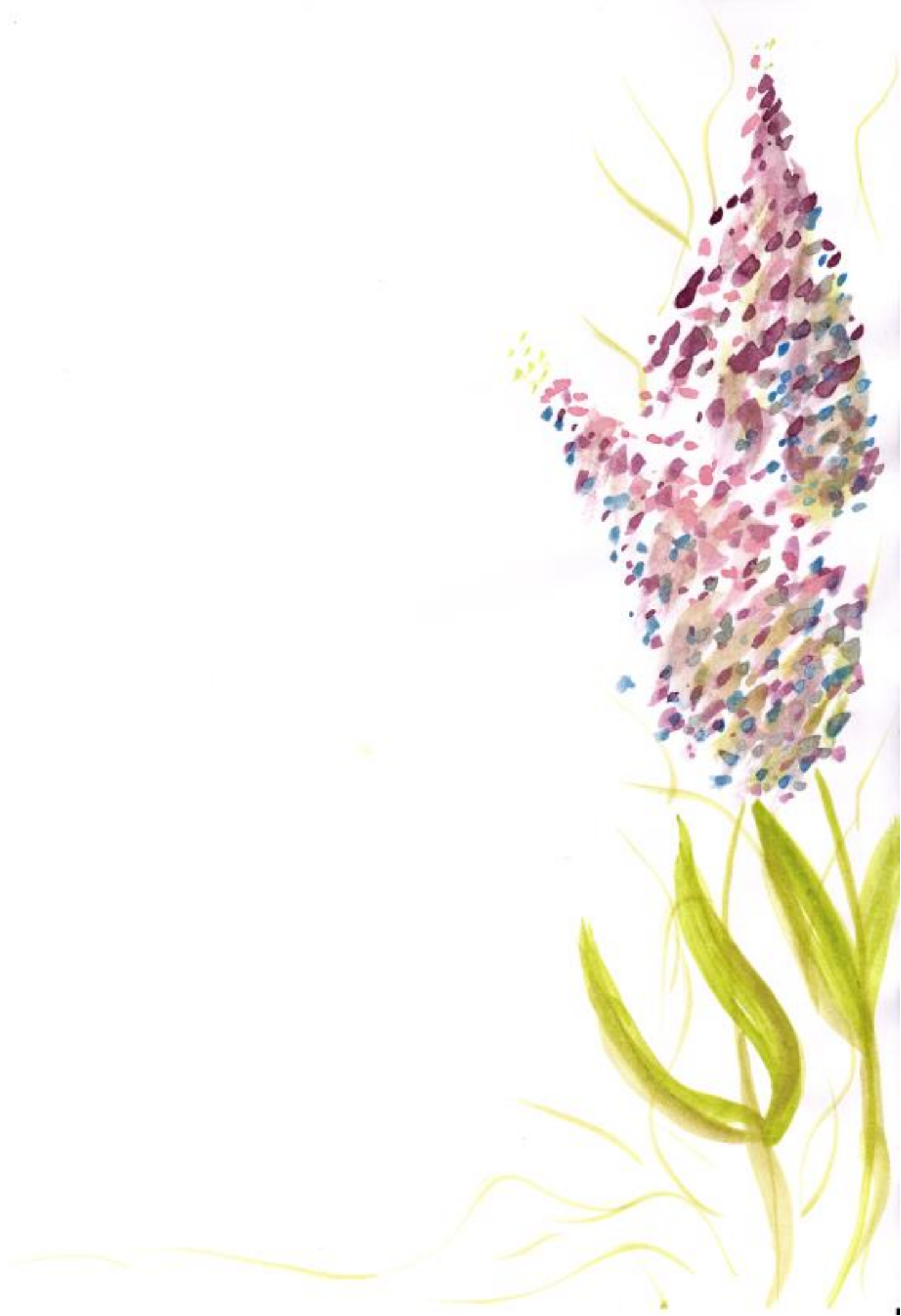
Hang this version of your birth story up where you can read it every day.

As you read it, really focus on feeling your ideal emotions.

Notice which feelings you desire most. Make a list of the 5 most important feelings you want in your birth:

My Ideal Birth:









JMJ

## Deep Healing.

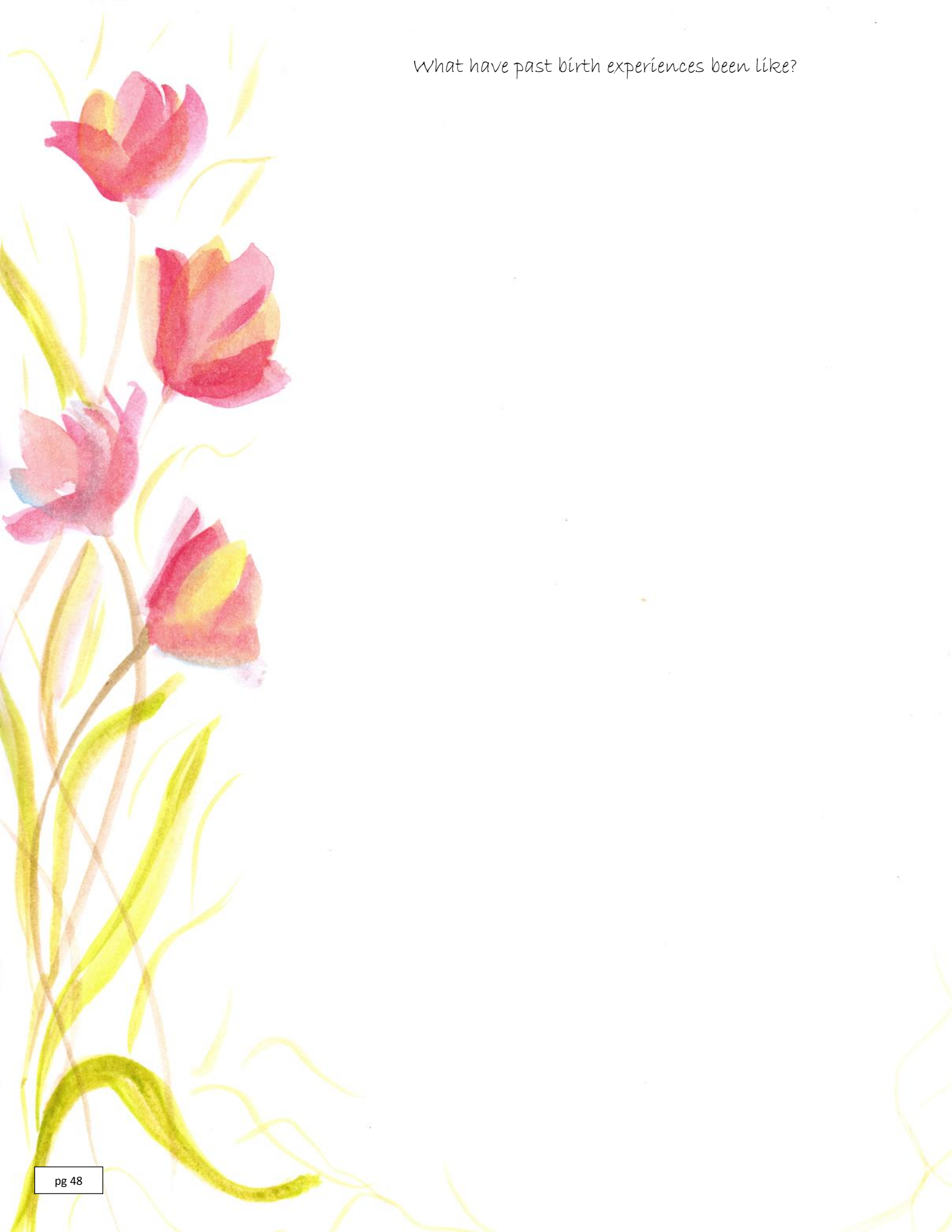
*Deep wounds have a way of resurfacing during pregnancy, as the spirit cleans itself in preparation for motherhood. This can be a beautiful time of healing if we openly work within ourselves. These exercises are a way to actively embrace this healing process.*

*Note: sometimes the wounds brought up are too deep to heal alone. This can contribute to severe prenatal and postpartum depression. I know. I've been there. This journal is not meant to replace professional counseling. If you find you can't handle this intense time alone, please, please, please find help. My counselor quite possibly saved my life.*

What is the part of me that I'm afraid my partner would reject if he knew?



What have past birth experiences been like?



Have I lost any babies to miscarriage, stillbirth or abortion? Do they have names? How old would they be now? What are their stories?





Have I allowed myself to grieve? What did my grieving look like?  
How do I feel about these losses right now?

Do I blame myself for these losses? Do I blame  
others?  
Do I have more healing to do?

Do any past losses affect how  
I feel about this pregnancy?



How is my relationship with food? What are my  
primary emotions surrounding food?

How do I feel about the worth of my body?



How do I feel about the worth of my spirit?

Have I experienced past traumas or abuses  
physically, emotionally, spiritually or sexually?

Have I allowed myself to grieve these things?



In what ways do I feel these past traumas and  
abuses are currently affecting what I feel and  
believe about myself? About my pregnancy?  
About my baby? About my partner?



Would sharing any of this with my partner or care provider help them better care for and support me?





. there anything else I need to seek  
healing for?

JMJ

Prayers for my Pregnancy:



