



# set intentions

What do you need to do in order to mentally and physically feel equipped to bring your child earthside? These intentions are for the highest and greatest good of you and your baby during pregnancy.

1. Do you have a mindful diet at this time? Are you taking any vitamins or herbal supplements to support you and your baby's system during pregnancy?

2. Do you have a morning/bedtime routine that honors self care? Do you take time during the day to connect with your baby? If not, would you like to?

3. Are you doing any meditations or hypnobirthing techniques that you enjoy or find powerful? What kind of exercises/movement feel good at this time?

4. In what areas are you seeking more information about pregnancy or you birthing options?

5. What else do you need in order to feel supported leading up to, during, and after the birth?