



LOVE
creates
LOVE



A Pregnancy Journal
by *Caridad Saenz*



A Pregnancy Journal

by Caridad Saenz

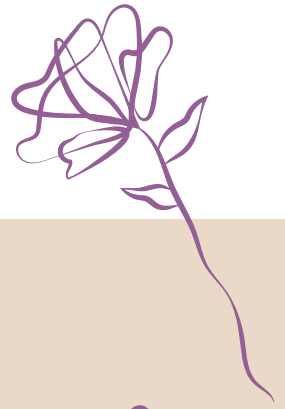


what was the first thing you bought your baby after you found out about your pregnancy ?



A Pregnancy Journal





i am grateful
for the new life
forming within
me



what are you most excited about becoming a parent?



A Pregnancy Journal



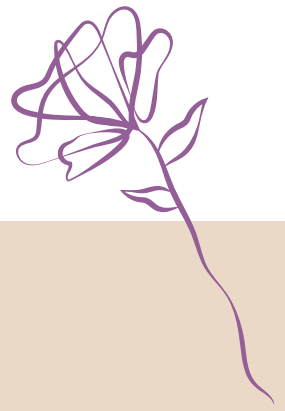
My body
knows what to
do to create a
perfect baby



what do you think your baby
will look like?



A Pregnancy Journal



*I embrace my
inner wisdom
during pregnancy
while my baby
grows.*



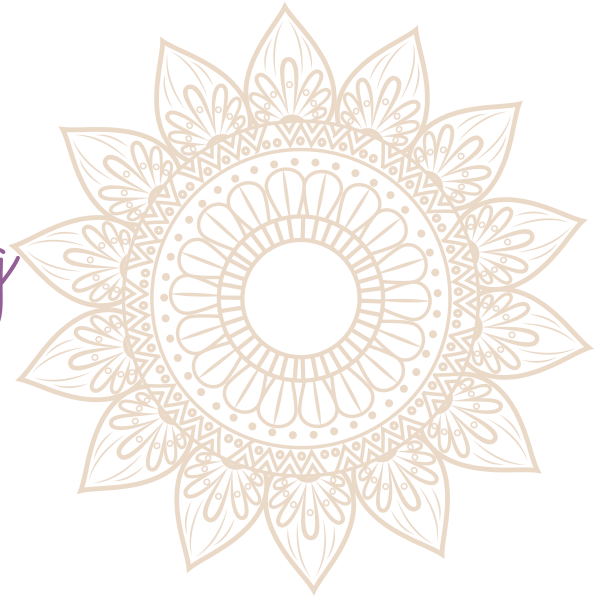
what personality traits do
you hope your child gets
from you?



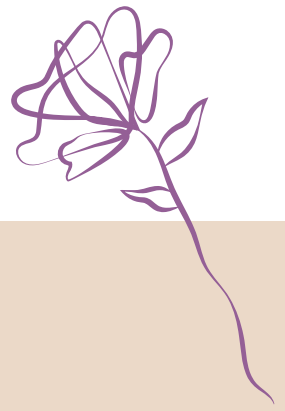
A Pregnancy Journal



what was the silliest thing
that has made you cry
during this pregnancy?



A Pregnancy Journal



*i am worthy of
this baby and a
beautiful birth*



How do you feel when
you hear your baby's
heartbeat on the
monitor?



A Pregnancy Journal





i am the perfect
mother for my
baby



do you have a special
"pregnancy song"?
Why? If not, find a
song and write why it is the
best song for you



A Pregnancy Journal



*i trust my body
and my baby to
know when it is
time for birthing*



What are you most proud of yourself for so far in this pregnancy?



A Pregnancy Journal





i let go of any
bears that i have
surrounding my
pregnancy and
birth



what will be your baby's name? Why did you choose that name?



A Pregnancy Journal



*i relax and do
what brings me
joy*



what have your food
cravings been like
during pregnancy?

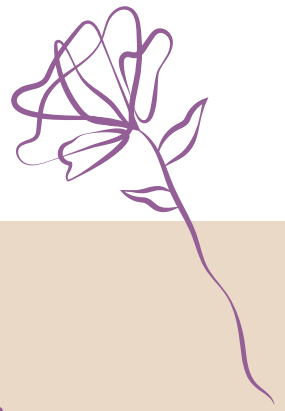


A Pregnancy Journal

What are your hopes for
the birthing process?
Do you have a birth
plan? What is your
Intention for your
Birth?



A Pregnancy Journal



*i am supported
and loved in my
pregnancy and
birth choices*



write a thank you note
to your body for the joy
of pregnancy




A Pregnancy Journal






What fears do you have
around your pregnancy?
What can you do to
overcome them?



A Pregnancy Journal



*i am proud of the
changes that my
body is going
through. I feel
good about my
pregnant body*



What don't you want
to forget about being
pregnant in years to
come?



A Pregnancy Journal





Created by : [Caridad Saenz](#)

CarryLove@CaridadSaenz.com

EmpoweredGentleBirth.com



A Pregnancy Journal



**Blossom
&
Berry**
Baby Massage & Yoga Training



A Pregnancy Journal
by *Caridad Saenz*