

Postpartum Planning Journal Prompts:

- How do you imagine yourself as a parent?
 - What do you see getting in your way?
 - How can you solve for that as much as possible in advance?
 - How much leeway do you have?
- What fears or doubts are creeping in?
 - Where are they coming from?
 - Are they likely?
 - How can you let yourself experience fear, and still trust that you are capable of handling what comes up for you?
- What are your values as a parent?
 - Why are they important?
 - How do you expect them to show up in your day to day?

Postpartum Planning Journal Prompts:

- What is your relationship like now?
 - What do you love about it?
 - What makes you worried?
 - How could you solve for that ahead of time?
- Do you feel comfortable asking for what you need/want?
- why/why not?
 - How can you practice that now?
- Can you practice giving yourself compassion, when your brain starts offering unkind comments towards you?
- How do you currently maintain physical/spiritual connection?
 - Can you brainstorm small ways you could continue it after baby?
- Have this conversation with your partner to see what they say – make a plan for connection so it doesn't fall away, and continually revisit the plan

Postpartum Planning Journal Prompts:

- What are elements of your “self” that you love?
 - What do you want to bring with you into PP?
 - What are you worried about falling away?
 - What can you plan ahead of time to remind you of your favourite parts of yourself, and invite her back?
- What do you consider to be self-care now?
 - Is it helpful?
 - What really rejuvenates you?
- What would you rate the importance of self-care on a scale of 1-10? Why?
 - What could you include, and plan for yourself ahead of time?
- Who do you rely on for support now?
 - How is that working?
 - What could make it even more effective?
 - What other areas would you love to be supported in, that you’re not now?
 - Where could you reach out for that support?
- What feelings come up when you think of giving time for yourself, or spending money on yourself? Why? Are you able to question those feelings and their purpose?