

# 14 THOUGHT PROVOKING QUESTIONS FOR PREGNANT WOMEN



- WHAT DOES SELF CARE LOOK LIKE IN THIS SEASON OF YOUR LIFE?
- HOW DOES YOUR IDEAL BIRTH EXPERIENCE LOOK LIKE?
- IS THERE ANYTHING YOU NEED TO SPEAK UP AND USE YOUR VOICE ABOUT?
- WHAT IS ONE THING YOU LOVE ABOUT BEING PREGNANT?
- DO YOU HAVE ANY FEARS AROUND YOUR PREGNANCY OR LABOR AND DELIVERY? IF SO, WHAT ARE THEY?
- HOW CAN YOU OVERCOME THOSE FEARS YOU MENTIONED IN THE PREVIOUS QUESTION?
- IS YOUR BIRTHING TEAM MEETING AND EXCEEDING YOUR EXPECTATIONS? IF NOT, WHY ARE YOU SETTLING?
- WHAT ARE 5 CORE VALUES YOU WANT TO INSTILL IN YOUR CHILD/CHILDREN?
- DO YOU HAVE A SUPPORT SYSTEM? WHO ARE THEY? IF NOT, HOW CAN YOU CREATE THAT VILLAGE?
- WHAT IS SOMETHING YOU DIDN'T EXPECT ABOUT PREGNANCY?
- WHAT IS ONE WAY YOU CAN SHOW UP FOR YOURSELF TODAY?
- WHAT KIND OF MOTHER DO YOU WANT TO BE?
- HOW DOES TODAY FEEL?
- WHAT ABOUT MOTHERHOOD ARE YOU MOST EXCITED FOR?

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