

A large decorative flower on the left and a smaller one on the right, both with a glowing center.

A Meditation Worksheet

A small decorative flower with a glowing center.

1. Things about birth that I know are true:

2. I feel this way about birth:

3. Ways that my birth team can be honest:

4. My rights as a birthing mother are:

5. I describe a pure birth as:

6. The most lovely things about birth are:

7. A positive birth example that someone told me:

8. The virtues of the above example are:

9. If I were to praise a woman on her birth experience, the things I would praise her for would be:

Meditate on these things...