Conscious Choices, Blissful Birth

Module 1 Conscious Choices Checklist

Here it is! Your first Conscious Choices Checklist!

So what is it for?

We want you to be reminded of all of the EMPOWERING information that you learned in each module. We know that there are lots of scary parts to this whole having a baby thing, and that sometimes the more you know, the scarier it gets. But mama, that's just the beginning! You see, once you know, and you can squeeze past the fear, you have now entered the realm of empowerment! Now you are in control of all that you can control. Sure, there is plenty outside our control in pregnancy, labor, birth and the 4th trimester, but why worry about what we can't control? Instead, lets get powerful, joyful and at ease about all we CAN control!

What are my conscious choices?
- your first conscious choice, is to make conscious choices! Declare that your and your baby's health is your priority and responsibility!
- find your resources - who will support you in making these choices and help you stand behind them

You don't have to fill this out, but I highly recommend that you do :)

I _____ hereby state that I am the master of my own body, and that my baby is the master of theirs. I vow to remember that and respect myself, and my baby throughout the process. I will take responsibility to ensure that others involved uphold that respect by doing the work to know my options, and to find what I intuitively feel is best for me and my baby. I will embrace my awesome feminine power and birth this baby like the badass that I am!

From all of us here at Life.Naturally - YOU GOT THIS!!