Doula Lifestyle Worksheet

Choosing the path of birth support can be one of the most rewarding, challenging, and amazing experiences of your life. Like birth itself, it will tap into every area of your being and require more of you than you ever thought possible. As a birth doula, your role of being "on-call" will take well-orchestrated boundaries to juggle multiple clients' needs, as well as your own.

Please take some time to explore how becoming a doula will complement, shape and change your life. Every question is confidential and optional. These are prompts help you monitor your own well being and life balance, and to assess where you might need additional support and mentorship on your path

Body Well Being:

Do you have any physical/medical conditions that may limit the way you are able to show up and support others in this role?

How might long "shifts" including overnights, 24-hour on-call conditions, and the physical demands of supporting a pregnant person impact your body health?

What are other areas of physical stress/demands in your life?

Do you have any other body-related issues or risk factors that you are concerned about in adopting the doula lifestyle?

Are there already ways you take care of your physical body (for example: history of lower back sprain, mindful of not lifting or supporting certain amounts of weight)?

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What are your movement and exercise habits/needs? How might they be affected by the requirements of doula work?

How do you normally cope with physical issues that require attention?

What changes do you anticipate being a doula will make in your physical well being?

What do you think will be the most physically challenging part of being a doula for you?

What additional resources do you think will be helpful to your physical well being in this new role?

Additional notes:

Mental/Emotional Well Being:

Do you have any mental health/socioemotional conditions that may limit the way you are able to show up and support others in this role?

What are your current emotional stress/demands in your life?

Do you have any other mental/emotional-related health issues or risk factors that you are concerned about in adopting the doula lifestyle?

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How do you normally cope with any of the above mental/emotional health issues that require attention?

What changes do you anticipate being a doula will make in your mental well being?

What do you think will be the most psychologically/emotionally challenging part of being a doula for you?

What are you already doing to care for your mental/emotional wellbeing?

What additional resources do you think will be helpful to your mental/emotional well being in this new role?

Additional notes:

Spiritual Well Being:

What (if any) is your current religious faith/spiritual practice?

How does your faith/spiritual practice impact your desire to support birth and families in the childbearing year?

Are there any guidelines/rituals in your faith/spiritual practice related to childbirth or parenting newborns?

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How will being a doula support your spiritual growth?

Do you see any potential for your faith/spiritual beliefs coming into conflict with your clients' approaches, events of a given birth, etc.? How might this affect you, and how might you cope?

What spiritual practices might you use to keep yourself centered in this work?

Additional Notes:

Social Well Being:
How do you think being a doula may affect your social life?

How do you think your friends/family will react to your doula career?

How do you feel your community will support your role as a doula?

Additional notes:

Financial Well Being:
How will being a doula support your financial well being?

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How might it challenge you financially?

What kinds of resources might be helpful to support your financial planning?

Additional notes:

Family Support:
If you already have a child or children, how might this impact your views or practices of birth support?

How do you think your partner/family might respond to you choosing this path?

How might your partner/family support you on this path? What additional support might you need?

What will be most challenging for your partner/family?

Additional notes:

Other:
Anything else you are thinking of that needs addressing?

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