

# Journal Prompt: Inner Knowing

## Who are you, and from where do you come?



Take a moment to reflect in your journal on these questions:

Who are you?

In relation to birth:

From where do you come?

What do you know or believe to be true about preparing people for, and supporting people during, labor and birth and how did you learn that?

What do you bring with you- in stories, beliefs, or truths about, holding space for birthing people, to this moment- to where you stand now?

What is alive in you right now?

# Setting Your Intentions

Take a moment to envision yourself one year from now as a skilled, confident Birthing from Within mentor. Imagine looking back and seeing how you arrived at that moment.

- What skills did you cultivate?
- What does being a confident birth worker look like? What are you doing?
- What obstacles did you have to overcome?
- How did you do it? What strategies or resources did you need to utilize?
- What might be the first step you can take now to move in that direction?

*Write out your specific intention for this course and your future practice. Post it in a place where you will see it daily, where it can inspire and motivate you.*