

Doula Certification

Personal Reflections

Please use these journaling questions to reflect on your journey to becoming a doula. You may write in your answers, or record yourself answering the questions and submit an audio or video file. Attach additional pages if necessary.

What motivated me to take a doula training?

Have my motivations changed during that time?

What did I learn *in my doula training* that has shifted my ideas:

About birth?

About birthing people?

About the role of a doula?

About me as a doula?

About how marginalization, oppression, and white supremacy impact maternity care?

What have I learned *since attending births* that has shifted my ideas:

About birth?

About birthing people?

About the role of a doula?

About me as a doula?



About how marginalization, oppression, and white supremacy impact maternity care?

Now that I have attended births and worked as a doula, my goals in regards to being a doula are:

How have my doula training and birth experiences changed me as a person?