

The Empowered
Pregnancy &
Childbirth Mindset
Workshop

This workbook is designed to help you unpack your past birth traumas, rewrite your experience from truth, and to write down your new beliefs throughout the training.

Written by
Amanda Ignot





### Introduction

This workbook is primarily filled with questions, with some space for writing your answers directly in the book.

You can return to these pages, reprint new pages, and get stronger in your beliefs each time you go through the workshop.

Best regards,



# Overcome your trauma and become empowered. Your mindset is key.

Your trauma doesn't define you and the lies you were told leading up to your traumatic experience are just that, lies.

Learning the truths about your experience and beginning to see the truth in the strength of your body can be what sets you free. Walk through this journal as you work through the workshop to really immerse yourself in the process.

The more you unpack and work through your experiences the more release you will get from the process. This will be the key to making true mindset shifts that allow you to step into your next pregnancy and childbirth experience with confidence and strength.

Having a truly empowered pregnancy and childbirth is within your grasp, when you do the work on building and protecting your vision from a point of believing in your innate ability to grow and birth new life.



## Unpacking Your Trauma

J	your exper been re	vealed to	you?	
		. 332334 305	J's st.	

# Unpacking your trauma. What can you see clearly now from

your e	experien	ce!	
0	′ /		

## Forgiveness Who do you need to forgive?

## Reclaim Your Power What chains are you breaking

io receaim gour power:						

### Your Unicorn Birth Vision What does your DREAM birth look like?

### Your Dream Birth

# Beliefs What do you choose to believe?

### Truths What are your truths?

# Setting Boundaries Protecting Your Mindset & Keeping Positive Thoughts

# Knowledge Trumps Fear What do you need to learn to quell your concerns?

U	0		

### Beliefs What do you choose to believe? Write it down and read it daily.

### Aroma Freedom Technique

### Aroma Freedom Technique