



W O R K B O O K

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 .

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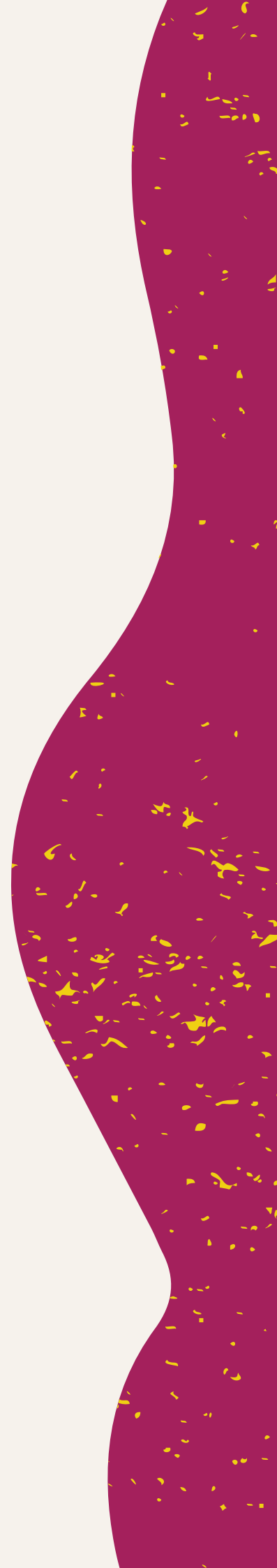
Introduction

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,

Amanda



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.

