

JOURNAL PROMPTS

1. I learned I was pregnant on _____.
2. Here's what led up to me taking the test _____.
3. When I found out I was pregnant I felt _____.
4. My greatest fear about this pregnancy is _____.
5. My current thoughts about this pregnancy are _____.
6. For my unborn child I wish that _____.
7. The song or songs best reflect this time in my life include: _____
8. I most excited for my baby to meet? _____.
9. I believe this child will change my daily routines, in the following ways _____.
10. 10 things I am grateful for right now are _____.
11. When I learned my baby's gender, it was _____.
12. My growing family is appreciated because _____.
13. Feeling a baby moving inside me feels _____.
14. Choosing a name for my baby is _____.
15. Right now, pregnancy feels _____.
16. Pregnancy symptoms I am experiencing today are _____.
17. The best part of this pregnancy so far is _____.
18. I can't believe I'm craving _____.
19. I wish _____ was here to experience this journey with me. I'd tell him/her _____.
20. Creating a space in the home for this child makes me feel _____.
21. I am most proud of myself for _____.
22. My partner has been most helpful with _____.
23. Not being able to _____ during this pregnancy is _____.
24. The first baby item I purchased is _____.
25. I am most looking forward to _____.
26. The first ultrasound of my baby was _____.
27. Hearing my child's heartbeat on the monitor made me feel _____.
28. Planning for life after pregnancy has been _____.
29. If my child could have any of my life teachers/educators, I'd choose _____.
30. My child will be a Winter/Summer/Fall/Spring baby and _____.
31. My favorite pregnancy product is _____ because _____.
32. My favorite place to be alone with my baby and my thoughts _____.
33. The attention from strangers has been _____.
34. Describe the best part of your childhood. What parts do you hope your baby gets to experience too.

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When you finish with these pregnancy journal prompts, join the 5-day pregnancy journal challenge for a deep dive on mindfulness during pregnancy.

The link is below:

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