

VISUALIZE MY BIRTH™

Guided Birth-Vision Exercise



Before you begin, open your favorite journal or notebook. Find a quiet place where you can breathe, reflect, and listen. This is the first step of a journey that unfolds one intentional moment at a time. Allow these pages to hold your thoughts today, knowing your Birth Vision will continue to grow as you do. Within the complete Visualize My Birth™ experience, you'll return to this vision again and again—intentionally seeing and mentally rehearsing it before your birthing time begins. Through intentional repetition, you'll begin strengthening the neural pathways your brain associates with calm, safety, and trust while preparing your nervous system to return to those states more naturally when you need them most.

Create Your Birth Vision

A Visualize My Birth™ Exercise

Within the **Visualize My Birth™ Method**, your Birth Vision becomes the foundation for everything that follows.

It is not a prediction, a promise, or a rigid birth plan.

It is an intentional picture of how you hope to feel, respond, connect, and remain supported throughout your birthing experience.

Research in neuroscience and performance psychology has shown that mental rehearsal activates many of the same neural networks involved in real experiences. Through repetition, the brain becomes more familiar with those patterns—a process supported by **neuroplasticity**, the brain's remarkable ability to adapt and strengthen neural pathways over time. This is one of the foundational principles behind the **Visualize My Birth™ Method**.

Your Birth Vision is the first step.

Rather than focusing on every detail you cannot control, this exercise helps you identify what matters most so your mind has an intentional direction to return to throughout pregnancy.

Find a quiet place where you can reflect without rushing. Take a few slow breaths, soften your shoulders, and imagine your birthing experience from the moment it begins through the first moments with your baby.

There are no perfect answers. Write what feels true to you.

When My Birthing Time Begins

When I first realize that my birthing time has begun, I want to feel:

Consider the emotions you want to return to, such as calm, excitement, safety, trust, peace, confidence, privacy, strength, or connection.

My Birth Environment

Imagine the space around you.

What do you see?

What do you hear?

How does the environment feel?

Consider the lighting, sounds, music, movement, quiet, privacy, temperature, familiar objects, and the energy of the people around you.

The Support I Need

I feel most supported when the people around me:

The words I most want to hear are:

Consider whether you prefer quiet reassurance, physical touch, encouraging words, reminders to breathe, protection of your space, help changing positions, fewer questions, or time to turn inward.

Moving Through Birthing Waves

As each birthing wave rises, I imagine myself:

You may imagine relaxing your jaw, softening your body, breathing slowly, making low sounds, moving instinctively, leaning into support, resting between waves, or remembering that each wave rises, peaks, and passes.

When the intensity grows, I want to remember:

Remaining Open and Flexible

Preparing intentionally does not require attachment to one exact timeline, setting, or sequence of events.

If something changes or unfolds differently than I imagined, I want to remind myself:

I can remain connected to myself by:

Connecting With My Baby

During birth, I want to remember that my baby and I are:

I imagine connecting with my baby by:

Meeting My Baby

As my baby is born, I want to feel:

In the first moments together, I imagine:

Focus less on creating a perfect scene and more on the feelings, connection, and presence you want to experience.

Bring Your Vision Together

Using your reflections above, write **one simple Birth Vision statement**. This is not your complete rehearsal. Think of it as the beginning of your journey.

Begin with:

When my birthing time begins, I allow myself to...

Then continue:

As I move through each birthing wave, I remember...

End with:

However my birth unfolds, I want to remain connected to...

Your Birth Vision does not need to describe a perfect birth. It only needs to reflect what matters most to you.

Return to it throughout pregnancy. Read it slowly, revise it as you grow, and notice which words help you feel more calm, connected, and grounded.

Your Birth Vision Is Only the Beginning

This exercise introduces just **one** element of the **Visualize My Birth™ Method**.

Inside **Visualize My Birth™**, you'll discover how this simple Birth Vision becomes part of a complete, neuroscience-informed preparation method designed to prepare your mind, body, and nervous system for birth. Through Guided Mental Rehearsal™, intentional daily practice, and the full Visualize My Birth™ framework, you'll learn how to strengthen feelings of safety, build lasting confidence, and approach your birthing time with greater calm, trust, and connection.

This worksheet is your starting point.

The method is where the transformation happens.

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