

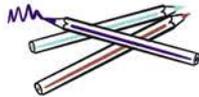


WHO I WAS/AM/WANT TO BE

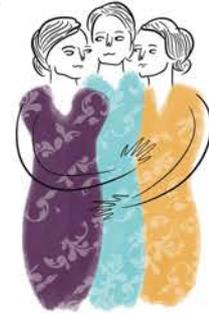
By **Bridget Minamore**

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Materials:



A note: feel free to try and use the instructions below to write a poem— whatever this might mean to you! —or prose. Whatever feels comfortable.



Exercises

1 'Who I am'

- Label the top of one page '**PAST**', one '**PRESENT**' & one '**FUTURE**' *1 min*
- '**PAST**'. Write down as much about yourself as possible as you were before pregnancy, specifically the things you want to make sure you never forget. *5-10 mins*
- '**PRESENT**'. Write down all the things you don't want to forget about who you are right now, in this moment. The positives and negatives, the things that might change. *5-10 mins*
- '**FUTURE**'. Write down all the things you're hoping for yourself in the future. Make sure to focus solely on your hopes for yourself (not your baby or anyone else!) and write down all your hopes/aims, big and small. *5-10 mins*

2 'Who my baby is'

- Repeat the exercise above but this time think about your baby's past, present and future self. For '**PAST**', write down what you imagined being pregnant would be like before it happened. For '**PRESENT**', write down the reality of your present experiences, For '**FUTURE**', write down all the things you are looking forward to with your baby. *20-30 minutes*

Sharing

If in a group, come together and each person talk about their journey - how they have gone from past to present, and how they want to go from present to future. Or share online using: #maternaljournal



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