



# Gratitude

AN EVIDENCE-BASED APPROACH  
TO MATERNAL WELL-BEING



40 WEEK GUIDED JOURNAL

Welcome to your Journey of Joy and Gratitude!

First and foremost, congratulations on this magical milestone in your life! Expecting a baby is a unique and profound journey, filled with anticipation, joy, and sometimes, a little nervousness. We at Americord celebrate this special time with you and we're thrilled to present you with this Gratitude Journal for Expecting Mothers.

This journal is designed to accompany you through your 40-week journey towards motherhood, providing weekly prompts for reflection and an abundance of inspiring quotes to brighten your day. But this journal serves a purpose that goes beyond simply documenting your pregnancy journey. It is a tool designed to foster gratitude, which, as research suggests, can have remarkable impacts on your wellbeing.

Gratitude journaling isn't merely a trend. It is a scientifically backed practice that offers numerous mental and physical health benefits. A study by psychologists Robert A. Emmons and Michael E. McCullough revealed that people who kept a gratitude journal felt better about their lives as a whole, and were more optimistic about the upcoming week compared to those who didn't\*. They also found these individuals experienced fewer physical symptoms of discomfort and spent more time exercising.

This practice can be particularly beneficial during pregnancy, a period of enormous change and adjustment. Moreover, gratitude journaling during pregnancy can help you create a positive and welcoming environment for your baby.


This journal encourages you to embrace the transformative journey of pregnancy with gratitude and positivity. Each week, you'll engage with prompts that inspire contemplation and appreciation for the unique experiences and emotions that come with expecting a child.

As former First Lady Eleanor Roosevelt once said, "With the new day comes new strength and new thoughts." So here's to new days and new strength. Here's to you, expecting mother, embarking on this journey of a lifetime. Embrace the adventure, hold onto these precious moments, and above all, fill your heart with gratitude.

Remember, you are about to make the incredible transition from womanhood to motherhood, and we're here to support you every step of the way. So let's begin this beautiful journey together, one day, one week, one grateful entry at a time.

#### References:

#### Footnotes

\*Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology*, 84(2), 377–389. <https://doi.org/10.1037/0022-3514.84.2.377> 



## **Bonus Challenge: Your 40-Week Self-Love Journey**

Starting from Week 1, we invite you on a unique journey of self-celebration. Each week, take a selfie that captures you and your growing baby bump. Along with your radiant selfie, include a sticky note in the frame. On this note, jot down one thing you love about yourself - it could be a physical attribute, a strength, a skill, or even a positive change you've noticed in yourself during your pregnancy.

This activity is designed to encourage self-appreciation and self-love, which are essential aspects of your wellbeing, especially during this transformational period. By the end of your pregnancy, not only will you have a heartwarming collection of snapshots chronicling your journey to motherhood, but also a 40-point list of reasons to love and celebrate yourself.

Remember, each change your body undergoes during this time is a sign of the incredible life it is nurturing. Embrace these changes, celebrate yourself, and love the journey you are on. Let's start capturing your beautiful transformation, one week at a time!







Describe your feelings when you first found out you were pregnant. What were your initial reactions?

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*"The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother, never. A mother is something absolutely new." - Bhagwan Shree Rajneesh*



What hopes and dreams do you have for your baby?

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*"Every child begins the world anew, our children's children see the world  
we never knew." - Henry David Thoreau*



How has the idea of becoming a parent changed your perspective about life?

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*"There's no way to be a perfect mother and a million ways to be a good one." - Jill Churchill*



What are some of the small things that brought you joy this week?

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*"Find out where joy resides, and give it a voice far beyond singing. For to miss the joy is to miss all." - Robert Louis Stevenson*



Reflect on a moment this week when you felt strong or accomplished. What made you feel that way?

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*"Believe you can and you're halfway there." - Theodore Roosevelt*



Write about someone who has been supportive during your pregnancy so far. What are you grateful for about them?

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*"In the sweetness of friendship let there be laughter, and sharing of pleasures." - Khalil Gibran*



Describe a moment when you first felt connected to your baby.

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*"A baby is something you carry inside you for nine months, in your arms for three years, and in your heart until the day you die." - Mary Mason*



Write about something you learned about pregnancy this week  
that you are grateful for.

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*"The future belongs to those who believe in the beauty of their dreams." -  
Eleanor Roosevelt*





How have you nurtured yourself this week? What self-care practices are you grateful for?

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*"Taking care of yourself doesn't mean me first; it means me too."  
- L.R. Knost*



Write about a moment that made you laugh this week.  
Why was it funny?

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*"Laughter is timeless, imagination has no age, and dreams are forever." -  
Walt Disney*



What changes in your body have you noticed? How do you feel about them?

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*"The changes in our life must come from the impossibility to live otherwise than according to the demands of our conscience...not from our mental resolution to try a new form of life." - Leo Tolstoy*



What aspects of your life are you appreciating more since becoming pregnant?

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*"Gratitude turns what we have into enough." - Anonymous*



What aspects of your baby's development fascinate you this week?

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*"The most precious gift we can offer anyone is our attention."  
- Thich Nhat Hanh*



What are you most looking forward to about meeting your baby?

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*"What we see depends mainly on what we look for." - John Lubbock*



How has your relationship with your partner or support person evolved since becoming pregnant?

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*"The best thing to hold onto in life is each other." - Audrey Hepburn*



Write about a piece of advice or wisdom you received that you're grateful for.

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*"We are what we repeatedly do. Excellence, then, is not an act, but a habit."  
- Aristotle*





What baby preparations have you enjoyed this week?

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*"Preparation is the key to success." - Alexander Graham Bell*



Write about a comforting thought or visualization that helped  
you during this time.

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*"In the midst of winter, I found there was, within me, an invincible  
summer." - Albert Camus*



What baby movements have you felt? Describe your feelings about them.

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*"Feeling gratitude and not expressing it is like wrapping a present and not giving it." - William Arthur Ward*



Write about a moment you felt a strong bond with your baby  
this week.

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*"The bond that links your true family is not one of blood, but of respect  
and joy in each other's life." - Richard Bach*



What is your favorite part about being pregnant?

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*"Embrace uncertainty. Some of the most beautiful chapters in our lives  
won't have a title until much later." - Bob Goff*



Reflect on a moment this week when you felt incredibly loved or supported.

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*"Remember, you're the one who can fill the world with sunshine."  
- Snow White*



What traditions or values do you look forward to passing onto  
your child?

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*"I can no other answer make but thanks, and thanks, and ever thanks." -  
William Shakespeare*



Describe a memorable reaction someone had when they found out you were expecting.

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*"We can only be said to be alive in those moments when our hearts are conscious of our treasures." - Thornton Wilder*





What are some of the ways you've found peace and relaxation during your pregnancy?

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*"Peace is the beauty of life. It is sunshine. It is the smile of a child, the love of a mother, the joy of a father, the togetherness of a family." - Menachem Begin*



How do you imagine your life with your baby?

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*"The only limit to our realization of tomorrow will be our doubts of today."*  
*- Franklin D. Roosevelt*



What aspects of parenthood are you most excited about?

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*"To me there is no picture so beautiful as smiling, bright-eyed, happy children; no music so sweet as their clear and ringing laughter."*  
*- P. T. Barnum*



Describe something beautiful you experienced this week.

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*"The earth has music for those who listen." - George Santayana*



Reflect on the changes your body has undergone and the amazing work it is doing.

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*"I finally realized that being grateful to my body was key to giving more love to myself." - Oprah Winfrey*



Write about a moment when you felt proud of yourself during this pregnancy.

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*"Celebrate what you want to see more of." - Tom Peters*



What baby preparations have you made that you are excited about?

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*"Happiness is not the absence of problems; it's the ability to deal with them." - Steve Maraboli*



Reflect on the strength and resilience you've developed during this journey.

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*"And one day she discovered that she was fierce and strong, and full of fire and that not even she could hold herself back because her passion burned brighter than her fears." - Mark Anthony*





Write a letter to your baby expressing your love and anticipation.

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*"Making the decision to have a child - it's momentous. It is to decide forever to have your heart go walking around outside your body." - Elizabeth Stone*



Describe a time this week when you felt particularly peaceful or content.

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*"Peace begins with a smile." - Mother Teresa*



What are you most grateful for about your healthcare team?

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*"Never bend your head. Always hold it high. Look the world straight in the eye." - Helen Keller*



Reflect on the journey so far. What has surprised you the most?

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*"You are always one decision away from a totally different life."  
- Mark Batterson*



Describe a moment when you realized how close you are to meeting your baby.

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*"Babies are bits of star-dust blown from the hand of God. Lucky the woman who knows the pangs of birth for she has held a star."*  
*- Larry Barretto*



Write about your feelings as you anticipate your baby's arrival.  
What are your hopes for the birth?

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*"For every ending, there's a new beginning; for every memory, there's a dream ahead." - Unknown*



How has this journey of gratitude helped you in your pregnancy?

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*"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." - Melody Beattie*



Reflect on the journey you've taken and express your gratitude for where you are now. What are you most looking forward to in the next stage of this journey?

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*"Here's to strong women. May we know them. May we be them. May we raise them." - Unknown*



Congratulations! You have journeyed through the remarkable path of motherhood and have reached the end of this gratitude journal. I trust this journal has been a faithful companion, providing you a space to express your thoughts, feelings, dreams, and fears.

Completing this journal is a true testament to your strength, resilience, and commitment to nurturing positivity during this transformative time in your life. And what a transformation it has been! Through every prompt, every reflection, every moment of gratitude, you have grown, not only as a mother but as a person.

Gratitude has a profound power to shift our perspective, cultivate positivity, and promote mental well-being. By reflecting on your experiences, both the challenges and the triumphs, you've created a narrative of your journey. This is a story of love, anticipation, resilience, and above all, growth.

As you move forward into this exciting new chapter of your life, I invite you to continue this practice of journaling and expressing gratitude. Let it be a wellspring of positivity, a means to capture precious moments, and a way to navigate through the ebbs and flows of life.

Remember, every moment is worth celebrating, and every thought is worth documenting. Your experiences as a mother will continue to evolve, and having a place to reflect on this journey will not only enhance your well-being but will also serve as a remarkable record of your personal growth.

Thank you for allowing us to be a part of your journey. We at Americord feel privileged to have shared in these precious moments with you. As you continue your journey of motherhood, know that we are cheering you on every step of the way.

With warmest regards,  
Marty Smithmyer  
Co-CEO/Founder  
Americord Registry

As you prepare for the incredible journey of motherhood, it's essential to think about the well-being of your growing family both now and in the future.

**Cord Blood Banking:** Secure a lifetime of potential health benefits by preserving your baby's cord blood, rich in valuable stem cells that can treat over 80 conditions.

**Cord Tissue Banking:** Harness the healing power of cord tissue, offering a range of regenerative possibilities for conditions like autism and cerebral palsy.

**Placental Tissue Banking:** Don't overlook the placenta—another potent source of stem cells that can be crucial in medical treatments.

**Exosome Banking (For Mom & Baby):** Unlock future regenerative therapies by storing these cellular messengers that facilitate tissue repair and immune responses.

**Newborn Genetic Screening:** Take proactive steps from day one with our comprehensive genetic screening, detecting over 50 inherited conditions.

To explore pricing and further details, visit:

- 👉 [Americord Banking Services](#)
- 👉 [Newborn Genetic Screening](#)
- 👉 [Schedule a Call with a Stem Cell Consultant](#)

Wishing you and your family a lifetime of health and happiness!

The Americord Team

The ultimate use of stem cells derived from newborn umbilical cord blood, perinatal tissues, or exosomes will be determined by the clinical researcher or treating physician, who will consider, among other things, whether they are applicable for the condition and whether they should come from the patient or a suitable donor. There is no guarantee that treatments being studied in the laboratory, clinical trials, or regenerative medicine will be available in the future. Americord acknowledges that exosomes are not FDA-approved for use in treatments or products. Americord does not claim exosomes have any therapeutic benefit. The client understands that they bank exosomes for use in clinical trials and research.

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