

# Memories of The Day You Were Born

## A Purposeful Visioning Exercise

*“Before you were born I loved you...before you were here for an hour I would die for you”—Maureen Hawkins*

The purpose of this Purposeful Visioning Exercise is to capture the positive emotions and most memorable experiences around the birth of your child and your child’s early years. It will also give you an opportunity to preserve heartfelt expressions of love for your child, and the hopes and dreams you have for their future.

### KEY POINTS BEFORE WE GET STARTED

- \* The “Memories from the Day You Were Born” Visioning Exercise is designed to trigger precious memories you have of the joy and wonder which accompanied the birth and early years of your child.
- \* A famous 19th Century scientist noted our voice is the most powerful transmitter of emotions. Writing captures emotion but recording your voice captures the exclamation points of emotion and speaks most powerfully to your family members.
- \* You can choose to type or write out your answers to the questions.
- \* You will also have the option of preserving your reflections as a digital recording. It can be something which will be listened to by your child, and even yet unborn grandchildren or great-grandchildren. We call that a Purposeful Conversation.
- \* If you record the answers I can share with you economical and efficient transcription services we have worked with. The transcript can be edited and used with the creation of your Purposeful Trust™ or Purposeful Gift.

*“Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope.”*  
*—Maya Angelou*

## PREPARING FOR YOUR “MEMORIES OF THE DAY YOU WERE BORN” PURPOSEFUL VISIONING EXERCISE

- \* Please read the questions on the next page placing a circle next to each question you would like to reflect on and answer. If have no interest in a question, draw a line through it. Now go back to each circle and place a number in it. If you have a clear preference, order the circles according to how strongly you are drawn to each question. Otherwise, just order them from the top starting with the first circle.
- \* On a separate sheet, jot down the number from the circles and write the question next to it. Do this until you have created a separate sheet for each question you placed a circle next to.
- \* Now, go to the sheet on which you placed the #1 question and take a few moments to reflect on that question. What experiences, memories, and emotions surface as you contemplate that question? Jot down a few words or notes to remind you of each of these experiences, memories and emotions. Don't try to create a detailed outline. The purpose of this preparation is to create place-markers to remind you of the emotions and reflections which flowed as you considered this question.
- \* Now you are ready to start writing or dictating your reflections to each question. Don't be in a rush. That defeats the purpose.

## Memories of The Day You Were Born A Purposeful Visioning Exercise For Fathers

- \* What special moments of anticipation did you experience as you waited for your child to enter the world?
- \* Were you present when your child was born? If so, what was that experience like?
- \* When did you first hold your child and what was that moment like?
- \* What names did you consider giving your child and how did you settle on the name you finally chose for your child? What special significance does your child's name carry for you and them?
- \* Do you remember your child's first steps? What feelings did you experience as your child began to walk?
- \* Do you have any other special memories of your child's first year? First three years of life?
- \* Did your child have a special way of letting you know how much they loved you? Did you have a special way of letting your child know how much you loved them?
- \* Do you remember a moment when your young child demonstrated great trust or faith in you and how did that make you feel?
- \* Did your child struggle with medical challenges or physical adversity at birth or in their early childhood years? If so, what feelings did you experience when you saw your child in great pain or distress and what would you have done to take that pain or difficulty away?
- \* Do you remember any of the special gifts you purchased or made for your child when they were an infant or a young child?
- \* What were the favorite books you read to your child or the favorite melodies or songs you would hum or sing to quiet or comfort your child? Why did you choose those books and songs and did they hold special meaning for you?
- \* Was there anything your child did as a baby or young child that would make you smile, laugh, or cry? What was it and how did it impact you and how do you feel about it today?
- \* What is the kindest or most thoughtful gift or deed your child ever made or did for you when they were young? In the last 6 or 12 months?
- \* What are the fondest memories you have about your child's birth and early childhood?
- \* What are the talents or strengths which makes your child so exceptional? If you were given "cosmic permission" to assimilate one of those gifts or special skills into your own life, which would it be and why?



***Is there anything else you would like to say to express your love or your hopes and dreams for how your gift(s) to your child will positively impact their life?***

## Memories of The Day You Were Born A Purposeful Visioning Exercise For Mothers

- \* What special moments of anticipation did you experience as you waited for your child to enter the world?
- \* What do you recall about the labor and delivery experience?
- \* What did it feel like when you first held your child? Were you amazed at the beauty and tiny-ness of your baby? How would you describe what your child looked like then?
- \* What names did you consider giving your child and how did you settle on the name you finally chose for your child? What special significance does your child's name carry for you and them?
- \* Do you remember your child's first steps? What feelings did you experience as your child began to walk?
- \* Do you have any other special memories of your child's first year? First three years of life?
- \* Do you remember a moment when your young child demonstrated great trust or faith in you and how did that make you feel?
- \* Did your child struggle with medical challenges or physical adversity at birth or in their early childhood years? If so, what feelings did you experience when you saw your child in great pain or distress and what would you have done to take that pain or difficulty away?
- \* Did your child have a special way of letting you know how much they loved you? Did you have a special way of letting your child know how much you loved them?
- \* Do you remember any of the special gifts you purchased or made for your child when they were an infant or a young child?
- \* What were the favorite books you read to your child or the favorite melodies or songs you would hum or sing to quiet or comfort your child? Why did you choose those books and songs and what did they mean to you?
- \* Was there anything your child did as a baby or young child that would make you smile, laugh, or cry? What was it and how did it impact you and how do you feel about it today?
- \* What is the kindest or most thoughtful gift or deed your child ever made or did for you when they were young? In the last 6 or 12 months?
- \* What are the fondest memories you have about your child's birth and early childhood?
- \* What are the talents or strengths which makes your child so exceptional? If you were given "cosmic permission" to assimilate one of those gifts or special skills into your own life, which would it be and why?



***Is there anything else you would like to say to express your love or your hopes and dreams for how your gift(s) to your child will positively impact their life?***