



Journaling Page

Exploring the Decision to Have Children or Remain Childfree

@chaiwithbhavcoaching



This journaling page is designed to help you reflect deeply and compassionately on what aligns with your values, lifestyle, and vision for your life. There's no "right" answer — just what feels most aligned for you.

✨ Purpose & Core Values Alignment

Can I live out my purpose with or without children? Is nurturing or caregiving a core part of what fulfills me? If so, are there ways to express that beyond parenting? What core values are most important to me (e.g., freedom, legacy, love, creativity, service, curiosity, stability)? How would **raising a child** support or conflict with those values? How would **being childfree** support or conflict with those values?

❤️ Relationships & Community

What kind of relationships and connections are most important to me? How would being childfree or a parent affect my relationship with a partner (present or future), friendships, and family dynamics? What kind of legacy do I want to leave behind? Do I feel called to shape the next generation through parenting or through other forms of mentorship, contribution, or creativity?

🧠 Identity & Selfhood

How does being a parent (or not) fit into my definition of a meaningful life? Who am I when I feel most fulfilled and aligned? Does the idea of being a parent enhance or disrupt that? What is my motivation for wanting a child? Am I making this decision from a place of pressure, fear, or societal expectation,

or from clarity and confidence? What emotions come up when I imagine each path? (e.g., excitement, anxiety, relief, grief, curiosity...)

Health, Time & Energy

Do I have the physical and emotional capacity to raise a child right now or in the future? What lifestyle or health factors would affect my ability or desire to parent? How important is flexibility, rest, or independence in my daily life?

Finances & Long-Term Planning

Do I feel financially prepared to raise a child? If not, what would need to change? Would having a child impact my career path, retirement plans, or other long-term goals? If I remain childfree, how will I plan for care, support, and connection as I age? How important is autonomy, spontaneity, or freedom in my life?

★ FINAL REFLECTIONS ★

Which path feels more aligned with the life I want to create? If I felt total peace in this decision, what would that look like? What do I need to grieve, process, or release in order to feel at peace with my choice?

Reminder: You're allowed to change your mind. You're allowed to feel grief and clarity at the same time. And you're allowed to choose a path rooted in truth rather than expectation.