

# Intentional waiting: A journal for reflection and readiness

**1. What brings me joy this season?**

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**2. What are two things I want to do just for myself during this time?**

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**3. What are two things I want to learn or reflect on about adoption or parenting?**

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**4. One way I can connect with my partner or support circle:**

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## 5. A letter or note to my future child:

"Right now, I want you to know..."

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## Words to carry with you:

Reflections for waiting parents

*"Waiting time is not wasted time." – Jennie Allen*

*"You can do hard things. But you don't have to do them all at once."*

*"Rest and joy are acts of resistance and preparation."*

*"Trust the process, even when the path is hidden."*

*"You are already parenting with your heart."*

Create your own:

## Mantra for the journey:

*"This time matters. I am becoming the parent my child needs, even now."*

*"I trust the timing of this journey, even when I don't understand it."*

*"This wait is not empty—it is preparing me."*

*"I can hold hope and patience at the same time."*

Create your own:

**Bucket list activities to do before:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.