

Client Visit Notes

Date:

Notes for Abbey

EDD:

Gestation:

My birth is planned as:

Fav Provider:

Paperwork:

Payments:

Birth Place:

Client Name + alternative names:

Happy with:

Session focus:

Concerns:

Baby Notes:

Mom Notes:

Birth Place Notes:

Partner Notes:

Desires for my doula care comfort measures, when to call me, bag tour, etc.

Client Visit Notes

Health History Mental health, vehicle accidents, surgeries, stress, etc.

Previous Birth History Location, care provider history, length of labor, types of birth, etc.

Topics to discuss:

- | | | |
|---|---|--|
| <input checked="" type="checkbox"/> Birth Team | <input checked="" type="checkbox"/> Physiological labor and birth | <input checked="" type="checkbox"/> Text |
| <input checked="" type="checkbox"/> Voices of Eve resources | <input checked="" type="checkbox"/> Baby's Position | <input checked="" type="checkbox"/> Text |
| <input checked="" type="checkbox"/> Emotional/mental aspects | <input checked="" type="checkbox"/> Spinning Babies | <input checked="" type="checkbox"/> Text |
| <input checked="" type="checkbox"/> Environment aspects | <input checked="" type="checkbox"/> Informed Consent | <input checked="" type="checkbox"/> Text |
| <input checked="" type="checkbox"/> Coping through contractions | <input checked="" type="checkbox"/> Birth Plan | <input checked="" type="checkbox"/> Text |
| <input checked="" type="checkbox"/> Importance of balance | <input checked="" type="checkbox"/> Talking w/ care provider | <input checked="" type="checkbox"/> text |

Notes:



Visit Overview



Notes



Prep



Pregnancy



Labor and Birth Prep



Care Provider



Labor and Birth Plan



Physiological Labor and Birth



Postpartum

Doula Tidbit: Don't hesitate to reach out to Abbey with any questions or concerns! She is here to support and help you!

Biggest takeaway:

I learned:

To do for birth:

To do for postpartum:

Notes:

Encouraging a Healthy Birth

1. Hydration

Proper hydration can reduce length of labor by 6 hours

2. Have a doula

A doula can reduce the length of your labor by 25%

3. Eat Dates

Eating dates starting at 34 weeks can reduce length of labor by as much as half

4. Jasmin Essential Oil

applying Jasmin essential oil on your belly at 36+ weeks can reduce the length of your labor

5. Get good sleep

Sleeping more than 6 hours a night can reduce your labor by as much as 11 hours

6. Yoga/Spinning babies

Being as active and flexible as you can can reduce the length of your labor and help baby be in an ideal position

7. Red Raspberry Leaf Tea

Can shorten labor and help babies arrive not too early or too late

8. Staying active

Can reduce your labor by an hour or more when exercising lightly 2-3 times a week

9. Baby's Position

mal-positioned babies is one of the biggest causes of prolonged labor,

10. Pelvic Floor Therapy

Can shorten labor by 40+ minutes depending on how much help your pelvic floor needs

Informed Consent: Power of Your Voice

BRAIN steps to Informed consent



B

What are the benefits of what is being offered to me?

R

What are the risks of what is being offered to me?

A

What are the alternatives to what is being offered to me?

I

What is my Intuition telling me about what is being offered to me?

N

What if we do nothing or wait?

Doula Tidbit: It might be easier to continually ask your care provider "why?" to get Informed consent.

Steps to an amazing birth plan

1. Let baby choose their birthday

2. Choose the provider and birthing place that best fits your desires for your birth:

3. Practice whole body relaxation:

4. Be educated on your choices and physiological labor-postpartum

5. Have support either from family, friends, community, or services

REMEMBER TO USE YOUR VOICE

LOW IS BEST

Avoid making high pitched sounds. Low sounds help open the pelvic floor. And high pitched sounds tighten your pelvic floor

SPEAK UP

Tell your birth team what you want, what you need, and what you are experiencing. It can help them support you!

THINK POSITIVE

Speak life over yourself. Tell yourself you can do it. Tell your baby "we can do it!" Choose affirmations beforehand

Early Labor Plan

Doula Tidbit:

- Braxton Hicks: Irregular,
stop when you change
something

Contractions: Won't stop no
matter what you do

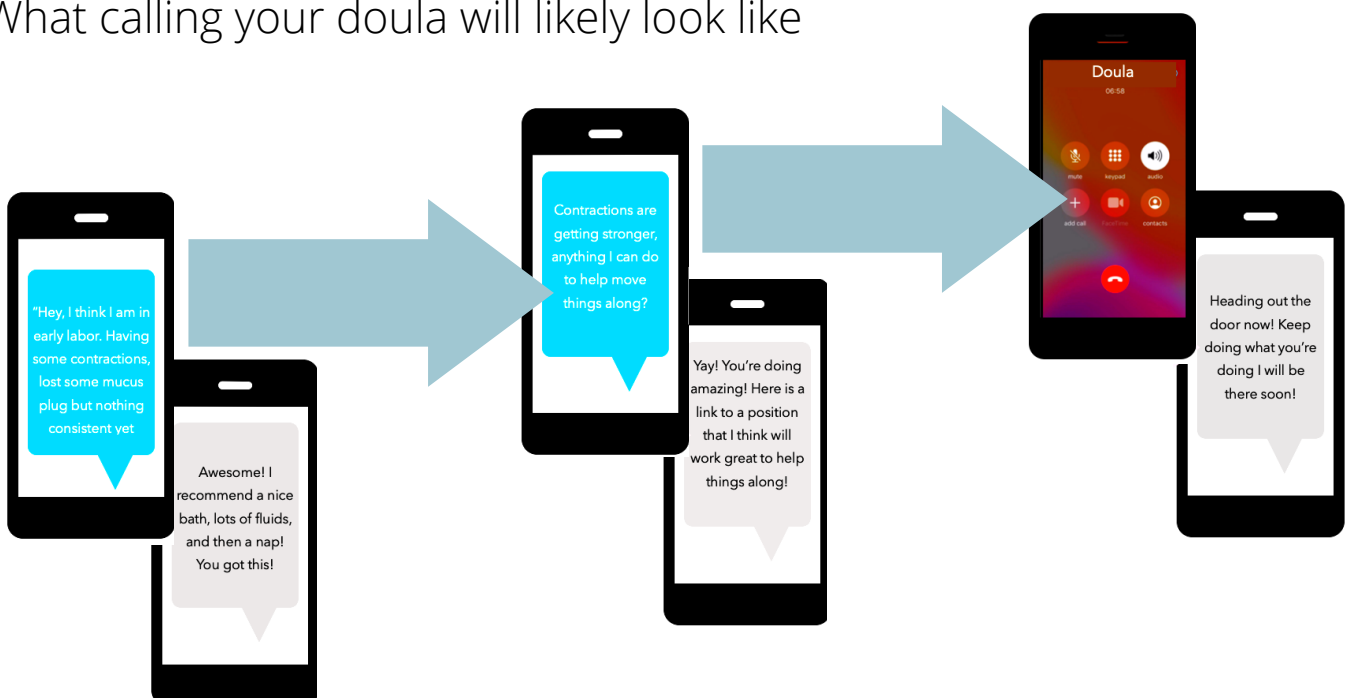
When labor begins Its always
Important to remember that It will
be far easier to eat, sleep, and rest
during early labor than active labor.
So take some time to eat a
nutritious meal and get some rest!

Coping Ideas

Snack Ideas

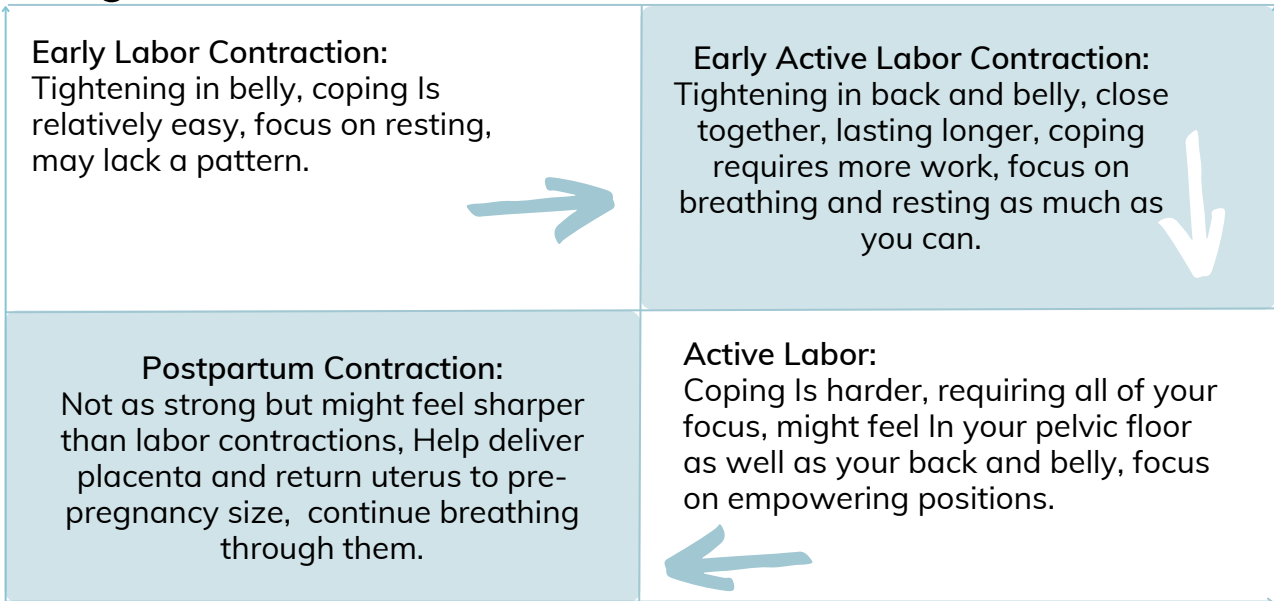
Restful positions

What calling your doula will likely look like

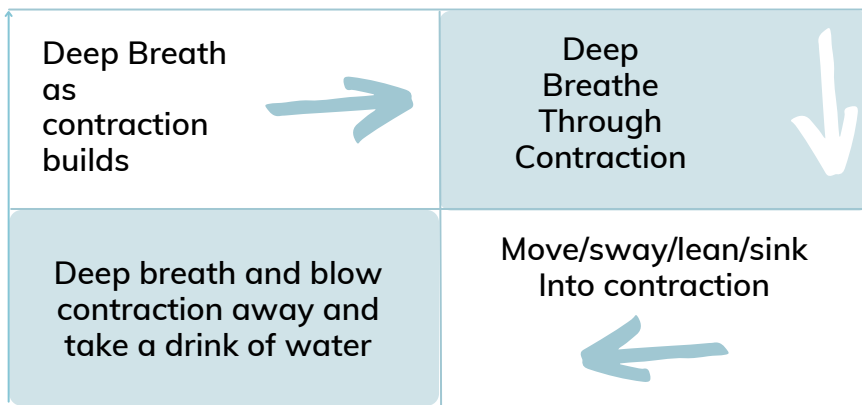


Contraction Plan

Stages of Labor:



Coping Through Contractions



Doula Tidbit: Practice taking several deep cleansing breaths and say some affirmations every day

1. First stage of labor:

- Thinning (effacement) and opening (dilation) of the cervix.
- Contractions that help your cervix thin and begin to open.
- Active labor.
- Generally contractions that are coming every 4 minutes, lasting a minute or more, for at least an hour (4-1-1 Rule)

3. Third stage of labor:

- Placenta is delivered.

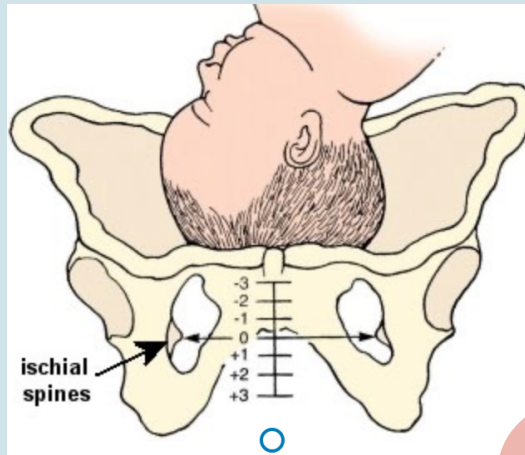
4. Fourth stage of labor:

- First few hours of recovery after birth

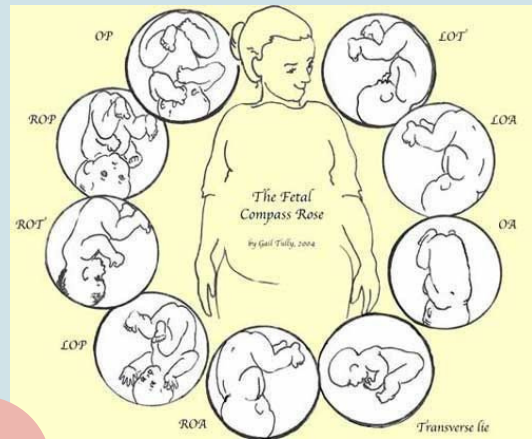
Signs of Progresss In Labor

Progress Is not only measured In Cervical Dilation!

Station

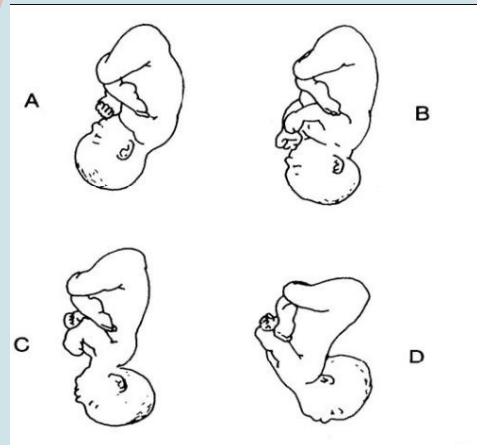
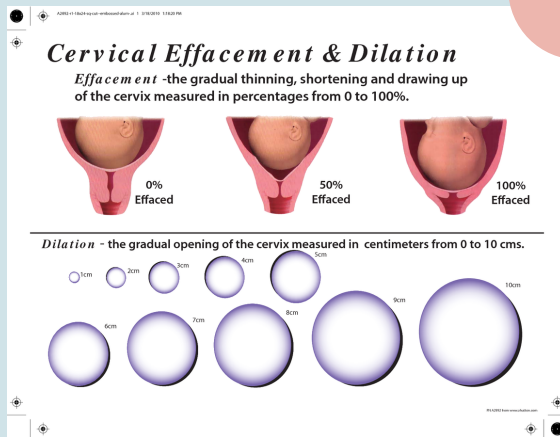


Rotation

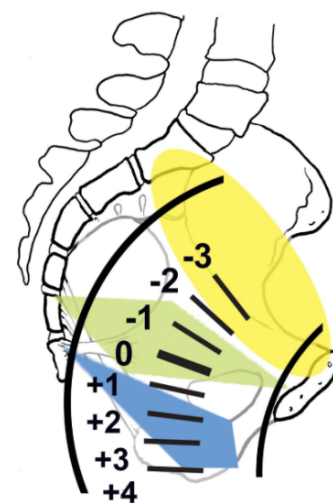


Flexion

Effacement/Dilation



- “Studies also show that vaginal exams are not really accurate. When checking for exact dilation, studies show the accuracy to be around 48-56% . When allowing a margin of 1 cm (which is a large margin of error when this information is used to time interventions or labor “cut-offs”) the accuracy is around 89-91%.” – Birth Without Fear



Stations of The Pelvis

Interventions

Categories of Interventions

Interventions that work on your cervix	Interventions that Immitate oxytocin
<ul style="list-style-type: none">• Cervical Ripeners, breaking water, and foley bulbs, etc.	<ul style="list-style-type: none">• Pitocin, pumping, breaking water, etc.
Interventions that monitor Baby	Interventions that monitor mom
<ul style="list-style-type: none">• Belly monitors, Internal monitors, etc.	<ul style="list-style-type: none">• blood pressure, internal contraction monitors, IV fluids, etc.

Interventions that concern Abbey as a doula:

- Breaking Water: 47.9% Increase risk of C-section
- Constant Fetal Monitoring: 63% more likely to have a C-section
- Pitocin: 78 percent of women who were induced asked for an epidural. Those who had induction and epidural were 6 times more likely (a 31 percent chance) to have a c-section than those who had neither.

Interventions

Learn more Comfortable Concerned

☐☐☐

IV fluids

☐☐☐

Saline Lock

☐☐☐

Pitocin (induction)

☐☐☐

Pitocin (Augmentation)

☐☐☐

Cytotec (Induction)

☐☐☐

Cervadil (Induction)

☐☐☐

Prostaglandin (Induction)

☐☐☐

Stripping Membranes (Induction)

☐☐☐

Breaking Water (Induction)

☐☐☐

Breaking Water (Augmentation)

☐☐☐

Constant Fetal Monitoring

☐☐☐

Intermittent Fetal Monitoring

☐☐☐

C-section

☐☐☐

Episiotomy

☐☐☐

Epidural

☐☐☐

Opioids

☐☐☐

Nitrous Oxide Gas

☐☐☐

Cervical Checks

☐☐☐

Limiting food and drinking during labor

☐☐☐

Herbs for Induction or augmentation

☐☐☐

Homeopathics for Induction or augmentation

☐☐☐

Fetal Scalp monitor

☐☐☐

Forceps or Vacuum extraction

☐☐☐

Essential oils for Induction or augmentation

☐☐☐

Water labor/birth

☐☐☐

Zofran for nausea

☐☐☐

Labor Planner

My Top 3 Priorities

My main Goals

What I Want to Remember

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Obstacles I can Remove:

Distractions I can Eliminate:

Action I can take:

Notes:

Doula Tidbit: Don't be afraid to have goals as long as you have confidence in yourself to change those plans as needed

Coping Techniques

Learn more	Comfortable	Concerned	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Focal point
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Music
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Touch relaxation and/or tapping
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Walking
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Upright positions
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Position changes
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Birth ball
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dimmed lighting
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Quiet room
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Minimal vaginal exams
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Limited hospital staff
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wearing my own clothes
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Staying hydrated on my own without an IV
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Herbs
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Acupressure/acupuncture
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Heat/ cold packs
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Aromatherapy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Reflexology
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Counter-pressure
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hip Squeezes
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Vocalization
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Focused Breathing
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Shower/bath
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Visualization
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Counting
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Massage
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Focal point

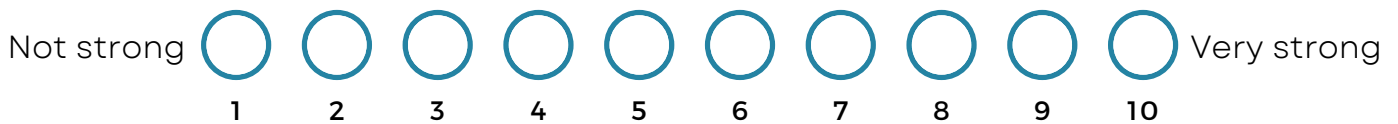
How am I feeling about my Birth plan?

How prepared do you feel about coping through labor and birth?



Doula Tidbit: Knowing your mental/emotional state is a starting point for you to navigate where you want to Improve/grow

How strongly do you feel in your ability to meet your goals in labor and birth?



Where do I feel like my plan is strongest?

Notes:

Where do I feel my plan is weakest?

What do I feel I need to meet my goals that I don't have yet?

Doula Tidbit: Take some time each day to take some deep breaths and remind yourself that you are strong!

VOICESOFEVE.NET

Voices of *Eve*



WORKBOOK



Introduction

Thank you for Choosing Voices of Eve!



“EMPOWERMENT
Is for everyone!”

That's Voices of Eve's motto!

My name is Abbey Barnosky I am a faithful follower of Jesus Christ. I am a double certified birth doula, Breastfeeding Educator, Bereavement Doula, Post Abortion Counselor, Artisan, and Photographer. I founded my ministry, Voices of Eve, in January of 2016. My heart is to reach low income families around the world with vital spiritual, health and educational resources and services. Sometimes this means I am serving as their doula, other times I am creating resources for others to help empower their communities. My ministry is empowered by my partners and ambassadors, prayer warriors, and faithful donators. Each piece of the puzzle creates an environment where I can serve those in need. God has been so good to allow a doubling of growth in my ministry each year. And I am excited to see what he has in store!

- Abbey
Barnosky



Learn More!



To Do List for Pregnancy

Paperwork/payments left

Labor and birth prep

Birth bag shopping list

Postpartum Shopping list

Notes

Doula Tidbit: Avoid stressing about having every single thing on your postpartum shopping list for baby. They need very little in the beginning

Habit Tracker for Pregnancy

It is always good to have goals! But remember to set manageable and empowering goals. And make every goal something to help your mental, emotional, physical, or spiritual health

Doula Tidbit: Take each goal and day as it comes, don't put pressure on yourself!

GOAL/HABIT								
		1	2	3	4	5	6	7
	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23
	24	25	26	27	28	29	30	31

GOAL/HABIT								
		1	2	3	4	5	6	7
	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23
	24	25	26	27	28	29	30	31

GOAL/HABIT								
		1	2	3	4	5	6	7
	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23
	24	25	26	27	28	29	30	31

My Labor and Birth Prep Goals

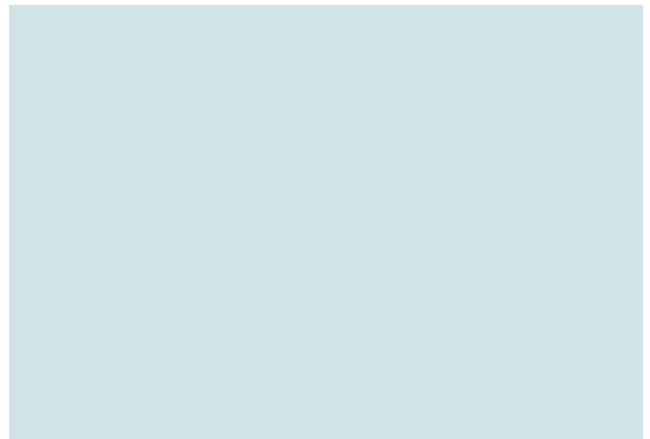
Pregnancy Concerns

Goals



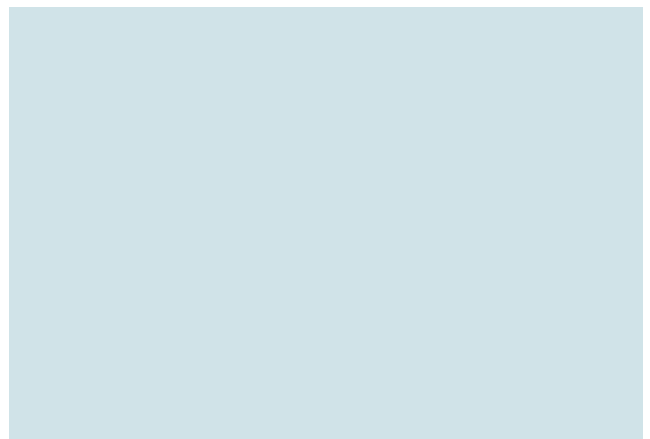
Labor/Birth Concerns

Goals



Postpartum concerns

Goals



Doula Tidbit: Try a couple of labor positions and see what you think about them.

My Hopes for my Journey

Use this sheet to clarify some of your hopes and dreams for your birth. This can help you release the things that are out of your control and create habits and plans for the things that you can control

PREGNANCY

LABOR

BIRTH

FIRST FEW HOURS

POSTPARTUM

INFANT FEEDING

SELF CARE

OTHER

Healthy Birth Checklist

Answer the following questions about how confident you feel in your birth

1. My overall health

Are you meeting your health goals?

2. Confidence in my birth knowledge

How confident do you feel about your knowledge of physiological labor and birth?

3. Knowing my rights as a patient and a parent

How confident do you feel about your rights in pregnancy, birth, and postpartum?

4. My support

How supported for you feel during pregnancy, birth, postpartum and beyond?

5. Care providers and care settings that support me

How confident do you feel in your medical care?

Review your answers above, then imagine and write down some goals to address where you need some more support, advice, or resources/tools.

Action 1 _____

Action 2 _____

Action 3 _____

Action 4 _____

Doula Tidbit:
Always follow
your instincts



Questions for Care Provider

Birth Plan

- How supportive are you of my plan for my birth?

- How supportive are you of informed consent?

Birth Plan

- What does my place of birth have to offer?

- What is your admittance policy when I am in Labor?

Stats

- What is your C-section rate/Transfer Rate?

- What is your induction rate?

Pregnancy/Postpartum

- What is the best way to get medical advice outside appointments?

- How many visits In pregnancy/postpartum?

After a Prenatal
Visit do you?

- Did you feel heard?
- Did you feel safe?
- Did you feel empowered?
- Did you feel confident?
- Did you feel educated?

Coping Process Plan

Mental/Emotional Comfort Measures

-
-
-
-
-
-

Abbey's Bag:

- Affirmations
- Essential Oils
- Birth announcement chalk board
- Massage and reflexology tools
- Bluetooth speaker

Environment Comfort Measures

-
-
-
-
-
-

Abbey's Bag:

- Affirmations
- Essential Oil diffuser
- twinkle lights
- Bluetooth speaker
- Birth announcement chalk board
- galaxy light display

Notes:

Doula Tidbit: Your environment will have a big Impact on your emotional and mental state

Affirmations for my Birth

The rigors of labor are a physical marathon yes, but also a mental and emotional marathon. Every labor is different. Preparation is key to help you tackle anything your birth throws at you!

My biggest fears

Affirmations

I am most confident In

Affirmations

What are your top 3 affirmations

I CAN DO IT!

Doula Tidbit: Biggest battle of birth is in your mind! Take your thoughts captive!

Choose 4 top affirmations

Empowerment
Is for me!

Coping Process Plan

Physical Comfort Measures

-
-
-
-
-
-

Abbey's Bag:

- Rebozo/scarf
- TENS unit
- Electric fan
- Hand fan
- Reflexology tools
- Hydration drinks
- Bendy straws
- Essential Oils
- Stools
- Rice packs
- Knee pads

Labor Progress Comfort Measures

-
-
-
-
-
-

Abbey's Bag:

- Rebozo/scarf
- Reflexology tools
- Hydration drinks
- Essential Oils
- Stools

Notes:

Doula Tidbit: Things that help labor progress will also likely help you feel more confident and comfortable

When To Call Your Birth team

Make a plan with your team!

1. Update your care provider when...

2. Activities for early labor

4. Go to your birthing location when....

3. Call the doula when...

Other Notes

Doula Tidbit: Listen to your body, it will tell you when it is ready to have help.

Interventions

- “Studies also show that vaginal exams are not really accurate. When checking for exact dilation, studies show the accuracy to be around 48-56% . When allowing a margin of 1 cm (which is a large margin of error when this information is used to time interventions or labor “cut-offs”) the accuracy is around 89-91%.” – Birth Without Fear

My feelings	Interventions
Interventions I feel completely comfortable with!	
Interventions I want to know more Information about	
Interventions I am very uncomfortable with	



**I am Evidence Based
Birth Educated**

Top resources for evidence based research Is Evidence Based Birth

"The high use of these interventions reflects a system-wide maternity care philosophy of expecting trouble. There is an increasing body of research that suggests that the routine use of each of these interventions, rather than decreasing the risk of trouble in labor and birth, actually increases complications for both women and their babies." -NCBI

✦ Labor and Birth Prep Bingo

This bingo game is designed to help you identify the values which can be essential to you. Circle any of the traits below that apply to you.

Choose some affirmations

Physical Comfort Measures

Pack snacks and hydration drinks for birth

Pack mom's bag

Read a blog

Do a forward leaning inversion

Choose a labor playlist

Make labor plan

Feel confident in my care provider

Finalize my birth team

Make a postpartum plan

Listen to a podcast

Pack dad's bag

Do a side-lying release

Make a postpartum necessities basket

Practice B.R.A.I.N. steps

Go over birth plan with provider

Meet hydration goals

Practice relaxing pelvic floor

Talk over plan with your partner /team

Do a yoga pose

Meet a goal

Take a childbirth class

Find a birth meditation track

Pack baby's bag

What you've discovered about your preparation for birth?



Postpartum *Plan*

Postpartum Planner

	BABY'S NEEDS	MOM'S NEEDS	SUPPORT PEOPLE
WEEK 1			
WEEK 2			
WEEK 3			
WEEK 4			
WEEKS 5-6			

Journaling

3 things I'm grateful for...



Notes

Doula Tidbit: Planning for the postpartum is as Important as planning for the birth!

Postpartum Visitor/Help Log

postpartum should be focused on healing mom. All visitors should be helping with that In one way or another

Date	Vistor/helper	Task/service	Helpfulness score

Breastfeeding

- For Baby: Diapers, Wipes, Diaper rash cream, burp clothes, pacifiers, blanket, coconut oil, lotion
- For Breasts: Nipple butter, breast pads, washcloths or hand towels, hand sanitizer, Lactation massager, heating/cooling packs, nursing cover, haakaa
- For Hydration: Water bottle, flavor packets (clear with provider, bone broth packets, chapstick
- For Snacking: sweet and salty, crunchy and soft, protein, fruit, and veggie
- Electronics: Chargers, bluetooth speaker or white noise machine, remote
- Other: cough drops or candies, book or magazine, socks, word puzzle or coloring book, tissues, prenatal vitamins, lotion, small trash bag or Walmart bag for trash, pain reliever



Habit Tracker for Postpartum

Any goal in postpartum should be flexible and adjust with your body and with your baby. Avoid any goals that center around losing weight or gaining physical endurance until at least 6-12 months postpartum. Instead focus on goals that empower you to rest, discover yourself, and/or develop skills to empower you.

GOAL I WANT TO MEET

HABIT								
		1	2	3	4	5	6	7
	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23
	24	25	26	27	28	29	30	31

HABIT								
		1	2	3	4	5	6	7
	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23
	24	25	26	27	28	29	30	31

HABIT								
		1	2	3	4	5	6	7
	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23
	24	25	26	27	28	29	30	31

Doula Tidbit: Do not make active plans to lose pregnancy weight until at least 6 months postpartum

Baby Tracker

Any goals for you or your baby should be made within reasonable expectations. Remember that it is completely normal for babies to wake multiple times a night and this helps protect them from SIDS and helps them develop a close bond to you and other care givers.

Habit	
Goal	
Done	
Reward	
Notes	

Mo	Tu	We	Th	Fr	Sa	Su
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Habit	
Goal	
Done	
Reward	
Notes	

Mo	Tu	We	Th	Fr	Sa	Su
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Habit	
Goal	
Done	
Reward	
Notes	

Mo	Tu	We	Th	Fr	Sa	Su
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

--

Do More of What You Love

List 3 things you would love to do MORE



List 3 things you would like to do LESS



1

What support do you have for doing things that you love?

2

What obstacles do you have from doing what you love?

3

How does doing what you love improve your overall wellbeing?

Being a mother does not stop you from being a human being with wants and needs. Don't neglect to grow and love on yourself, that will help you be a better mom.

Overcoming a Challenge

Use your strengths to overcome difficulties and take positive action to move forward

Your Challenge

Doula Tidbit: Be patient with yourself, give yourself grace, and love on yourself.

- 1.** Which of your realized or unexplored strengths will support you the best in your situation?
- 2.** What combinations of strengths can you use to support yourself?
- 3.** What steps will you take now to move forward?

- 1.** Which one of your weaknesses inhibit you overcoming your challenge?
- 2.** What do you need less of to overcome your challenge?
- 3.** What steps will you take now to move forward?

Voices of Eve, LLC

Follow Me:



Thank You!

I AM SO GRATEFUL THAT YOU LET ME SERVE YOU! I HOPE THAT YOU RECEIVED GREAT BENEFIT FROM OUR TIME TOGETHER, I KNOW I DID! EVERY FAMILY THAT LETS ME WALK BESIDE THEM ALSO HELPS ME SERVE FAMILIES AROUND THE WORLD IN NEED! KNOW THAT I PRAY FOR YOU, KNOW THAT I CONTINUALLY LOOK FORWARD TO UPDATES FROM YOUR FAMILY. I COULDN'T DO MY MINISTRY WITHOUT YOU!

- Abbey Barnosky



@VOICESOFEVE



@VOICESOFEVE



@VOICESOFEVE



@VOICESOFEVE

Since 2016 Voices of Eve has Impacted over 100 families in 4 different continents and saved families thousands of dollars. All because you said yes to Voices of Eve families were empowered to have options, choices, services, tools, services, and more! If you would like to Increase your Impact consider becoming a donator or a prayer partner today!

Thank you!



Donate Today!