

ROLE TRANSITIONS

Pregnancy and the postpartum period result in multiple changes, some expected and some unexpected. We may anticipate physical and behavioral changes, but may be less prepared to cope with changes regarding our identity, our priorities and the change in the rhythm of our daily routine. Take a moment to consider the ways in which your identity, routine, priorities, values, focus, and daily rhythms have changed. Take into account the time prior to pregnancy, during pregnancy and postpartum.

	SENSE OF SELF (STRENGTHS, IDENTITY)	PRIORITIES/ FOCUS	RESPONSIBILITIES	SUPPORT
PRE-PREGNANCY				
PREGNANCY				
POSTPARTUM				