



FREE One Hour Event  
with Parenthood Clarity™ Mentor, and author  
Ann Davidman  
**Saturday, April 26, 2025 @ 11 am (2 pm ET)**

Is Parenthood for You?

If you want the decision about parenthood or choosing a childfree life to be behind you, you're in the right place.

If questions arise, please write them down, and I'll answer them at the end of today's event.

This handout is for your convenience as you follow along with today's one-hour talk.

Write down your immediate thoughts & feelings after you hear a series of questions starting with, "Do you want to be a parent?"

One reason you feel stuck is that you're trying to figure out what you want and what you're going to do about it at the same time. The result is mental gridlock and increased anxiety.

Write down any thoughts & feelings that surfaced during the short, guided meditation.

Fears about making this decision.

- 1.
- 2.

Beliefs related to parenthood and/or living childfree.

- 1.
- 2.

Externals or details of your life that you think about when trying to decide.

- 1.
- 2.

Do your parents, grandparents, friends, your religion, or others have an opinion of what you should do?

- 1.
- 2.

Write down a decision you made (recently or long ago) that you knew was right for you – in your gut. Remember how it felt. This is how it should feel when you decide to become a parent, live childfree, or add more children to your life.

Your desire and why you want what you want AND your decision ALWAYS remain separate. Sometimes they are the same, and sometimes they are different, but they are ALWAYS separate.

You can find more resources here:

[\*Motherhood-Is It For Me? Your Step-by-Step Guide to Clarity.\*](#)