



Section 1: Emotional Readiness

1. What feelings arise when I think about not being able to conceive naturally?
 - ☐ Acceptance
 - ☐ Guilt
 - ☐ Anger
 - ☐ Hope
 - ☐ Other: _____
2. How emotionally prepared am I for the challenges of surrogacy?
 - ☐ Very prepared
 - ☐ Somewhat prepared
 - ☐ Not prepared
3. Have I considered the possible emotional impact on:
 - Myself? _____
 - My partner? _____
 - The surrogate? _____
 - The future child? _____

Section 2: Ethical Reflection

1. Am I choosing IVF/surrogacy from:
 - ☐ Genuine longing for a child
 - ☐ Fear of judgment
 - ☐ Societal/family pressure
 - ☐ Convenience
 2. If my future child asked, *“Why did you choose this path for me?”* what honest answer would I give?
-
3. Am I ensuring the surrogate’s dignity and well-being beyond financial contracts?
 - ☐ Yes

☐ No

If yes, how? _____

Section 3: Spiritual Alignment

1. Do I believe every birth is part of a soul's contract and divine will?

☐ Yes

☐ No

☐ Unsure

2. What spiritual practices (prayer, meditation, mantras) can I adopt to align this journey with dharma?

3. Do I feel this decision honors karma and compassion, not ego?

☐ Yes

☐ No

☐ Unsure


Section 4: Compassion in Action

1. How will I support the surrogate emotionally during pregnancy?

2. How will I honor her role after the child's birth?

3. How will I help my child understand their surrogacy story with truth and love?

Section 5: Final Reflection

 *If nature has closed one door, am I open to the possibility that God is redirecting me toward another form of love (such as adoption, mentorship, or service)?*

Answer: _____

✨ **Tip for You:** You can turn this worksheet into:

- A **PDF download** as a freebie for your readers.
- A **lead magnet** to grow email/Telegram subscribers.
- A **journal page** inside your future eBook on IVF, ethics, and spiritual parenting.