



# Create The Family Of Your Dreams

A FREE WORKBOOK AND REFLECTION  
PROMPTS FROM STORK'D

The only person who knows what is right for you is YOU. It is perfectly acceptable to prefer traveling and lifestyle over having kids, enjoying independence over having a partner, or even choosing not to continue a fertility journey.

At Stork'd we know how confusing and overwhelming it may be to make these major life choices. we'd like to support you make decisions that ultimately lead you to feel joyful about your family, however you choose to define or build it.

Straight from Stork'd's Family Building course, the questions below aim to help you uncover your deepest desires, come up with your own, personal vision for a family life that brings you joy and jumpstart your path to get there.

## Let's Start!

Before anything else, start this questionnaire with a clear mind.

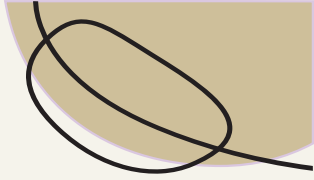
We suggest spending at least 20 minutes alone, where you feel most at home with your thoughts. Dance, meditate, shower, go on a long drive, whatever makes you feel most comfortable.

Once you feel at peace, consider the following:

- **When I close my eyes, I dream about:**  
(our dreams indicate to us our deepest desires)



- **What am I afraid to say out loud to friends and loved ones?**  
(the fear is a sign that it's something we truly want, and it demonstrates when we have been conditioned that what we want may not be the norm)



- **Where do I feel like “life is not fair”?**

(when we feel like something isn't fair, it highlights where we are facing roadblocks to what we really want - what is holding you back?

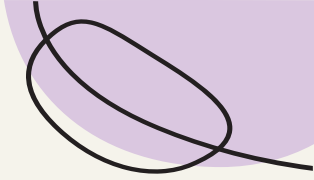
Is it something you can change?)

A large, empty white rectangular box intended for handwritten notes or answers to the question above.

- **What negative things is the voice inside my head saying and how might I quiet it?**

(we can be our own worst enemy, how can we speak to ourselves as a loved one instead of a critic?)

A large, empty white rectangular box intended for handwritten notes or answers to the question above.



- **How will I manage disappointment? Hope?**  
(Sometimes we can't change reality, how will I navigate those big emotions?)

Blank white space for writing answers to the first question.

- **What tradeoffs am I willing to make in service to my vision of family?  
What things are my non-negotiables, that I am not willing to trade off?**

Blank white space for writing answers to the second question.



Answer the next questions as honestly as you can. Don't be afraid to take a pause and look inside yourself. It will help you find your biggest, and most honest truths.

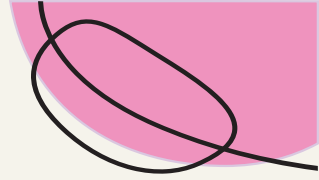
Explore your feelings...

- **What words come to mind when you hear the word "family"?**

Blank space for writing answers to the question: "What words come to mind when you hear the word 'family'?"

- **When you were growing up, what messages were you taught about what a family "should" look like?**

Blank space for writing answers to the question: "When you were growing up, what messages were you taught about what a family 'should' look like?"



- **What is it about family that brings you joy?**

Blank white space for writing the answer to the question: "What is it about family that brings you joy?"

- **Growing up, what were the positive and negative examples from your family that stuck with you till today? Who do you currently consider family?**

Blank white space for writing the answer to the question: "Growing up, what were the positive and negative examples from your family that stuck with you till today? Who do you currently consider family?"



Positive examples from my family as I was growing up were.....	How I would like recreate these with my future family is.....

Negative examples from my family as I was growing up were.....	I would like my future family to not experience.....

## Before you go...

Each one of us has a different definition of an ideal family and its structures, paths we take vary as well. So, to further help you make the best decision, listen to these excellent stories from Stork'd guests on their family structures and paths to create their own family:

- **Childless by choice:** [Drunk Aunt Overseas: Season 2, Episode 3](#); [Keren Eldad: Season 1 Episode: 9](#); [Tracy Weiss S4. E17](#), [Ruby Warrington S4. E3](#)
- **Blending families:** [Molly: Season 1, Episode 2](#); [Jorge: Season 2, Episode 6](#); [Jen Worman S4. E4](#)
- **Adoption:** [David Vendetti: S1. E8](#); [Kelly Fay: S2. E13](#); [Annie Compton: S3. E4](#); [TJ Peyton S4. E5](#); [Michele Katz S4. E12](#); [Meg St. Esprit S4. E14](#)
- **Surrogacy:** [Emily Westerfield: S2. E2](#); [Michael Mills: S3. E8](#)
- **Sperm Donation:** [Raven: S1. E12](#); [Caroline: S2. E8](#); [Saundra and Susan: S3. E2](#); [Sydney Sharon S4. E2](#), [Louise McGloughlin S4. E16](#), [Chrysta Bilton S5. E2](#), [Eve Wiley S5 E6](#)
- **Egg Donation:** [Arden: S1. E4](#); [Paige: S3. E3](#)
- **Fertility Stories:** [Suman: S1. E6](#); [Tom: S2. E12](#); [Mia: S1 E13](#); [Maureen Brown: S1, E11](#).  
[Carmela Rea: S2. E4](#); [Ambi Kavanagh: S2. E10](#); [Lauren Wynn: S4. E3](#); [TJ Peyton S4. E5](#); [Samantha Diamond S4. E 11](#); [Monique Farook S5. E5](#); [Keegan Pru S5. E7](#)
- **Solo parenting:** [Jenna: S2. E7](#); [Tammy: S3. E9](#)
- **Grief and Loss:** [Ashe Hornsby: S2. E14](#); [Brooke James, S1: E5](#); [Chelsea London Lloyd S4 E6](#); [Yvette Anderson S4 E10](#); [Amanda Makulec S5. E4](#)
- **Parenting:** [Aaron Kartchner: S3. E5](#); [Tara: S3. E6](#); [Cristin: S1. E3](#); [Jordana Kier S3. E11](#)
- **Experts:** [Ali Vander Baan, Fertility Acupuncture, S2. E11](#); [Dr. Bendickson, Fertility Medicine S4. E8](#); [Emily Green, Financial Planning S4. E13](#); [Lauren Islay Genetic Counseling, S4 E15](#)
- **LGBTQ+:** [Jamie and Christian S1. E5](#); [David Vendetti S1. E8](#); [Saundra and Susan: S3. E2](#); [Michael Mills S3. E8](#); [Tammy S3. E9](#); [Sydney Sharon, S4. E2](#); [Gena Jaffe S4. E9](#)
- **And host Julia's journey to become a Solo Parent by Choice – S1. E1; S2. E1; S3. E1, S4. E1 and S5. E1**







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