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# Plan for Plan B!

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Week 38 of 40

Activity

Go to bed early! The rules are: lots of snuggling and day dreaming about your new arrival that is coming soon!




## Advice

If you are anything like me you love to plan, and one of the only things you love more is when the plans go exactly like you want them to!

My advice for anyone who is pregnant or has children – always plan on plan B! You don't have to plan on the worst case, just something different than you had planned!

And then even after that realize that it will probably change too! Don't get hung up on something not going the way you wanted, just be content with the way things turned out!



## *Discussion Points*

- *How can you support each other if something unexpected happens?*
- *What can you say to each other that will help remind you to live in the moment and be thankful for what you have?*  
(See Goal)

## Goal

You are going to learn a ton of new things being new parents, and babies are well known for all nighters! Think of a phrase you can tell each other when you are having a particularly hard time, and things are not going the way you planned. It can be funny or comforting, but maybe it will help you focus on what you have, not what you wanted! Which usually brings much more happiness!