

CREATED BY STORKA

The Conscious Preconception Guide

Five foundations for preparing for pregnancy in body, mind and relationship



A gentle, science-backed starting point for women, men and couples.

Preparation can be meaningful without becoming another project

Preparing for pregnancy can easily become a stream of lists, restrictions and conflicting advice. Storka offers another way: becoming informed while also nurturing your wellbeing, your relationship and your connection to the journey.

Preconception is not simply a waiting room. It can be a meaningful period in which you learn, reflect, communicate and create supportive foundations for the future—without needing to control every outcome or do everything perfectly.

This guide introduces five interconnected foundations. Begin with the one highlighted by your Compass result, or simply choose the one that feels most relevant today.

 You cannot control every outcome. You can choose how you prepare.

One gentle focus is enough

The five foundations influence and support one another, but you do not need to work on all five at once. Your Compass result is a reflection—not a diagnosis, score or verdict.

Preparation should leave room for pleasure, normal life and imperfection. You can revisit this guide as your needs change.

- 1 Read the foundation highlighted in your result.
- 2 Choose one of the three tiny steps—not all three.
- 3 Try it gently for the coming week, then notice what helped.

Practical preparation can begin with three tiny possibilities per foundation—and one is plenty.

Intention & Meaning

Conscious conception begins by making space for the deeper meaning of the journey. Deciding to grow a family can be recognised as a milestone in itself—not only as the beginning of a race towards an outcome.

It is possible to enjoy and inhabit the present while also nurturing the hope of a future child. Preparing with intention can help everyday choices feel connected to your values.

THREE TINY WAYS TO BEGIN

Choose the one that fits your life this week. One small step is enough.

1

Write three words describing how you would like this period to feel, and keep them somewhere visible.

2

Choose one small everyday ritual—a morning drink, a walk or your journey home—and use it to remember why this time matters.

3

Protect one hour this week for something you enjoy that has nothing to do with preparing for pregnancy.

A QUESTION TO SIT WITH

What do I hope to bring into the way I prepare for parenthood—not only into the outcome?

Success can be a way of travelling, not only a destination.

Body & Daily Wellbeing

Supporting the body begins with listening to it, not treating it as a project that needs to be fixed. Nourishing food, restorative sleep, enjoyable movement and small everyday choices can all belong here.

Both egg and sperm development unfold over time, which is one reason conscious preconception concerns both biological parents. Science-backed preparation is an opportunity to support wider wellbeing—not a promise of an outcome.

THREE TINY WAYS TO BEGIN

Choose the one that fits your life this week. One small step is enough.

1

Make one meal from simple ingredients, including something colourful, a source of protein and a fibre-rich carbohydrate.

2

Keep water within reach and take a drink with each meal or regular break, following your thirst and personal needs.

3

Take a ten-minute daylight walk, or create a ten-minute calmer transition into sleep if rest needs more care.

A QUESTION TO SIT WITH

Which part of my daily life currently helps me feel most nourished—and which part asks for more care?

Your body is not a problem to solve. It is a relationship to nurture.

Knowledge & Confidence

Good information should create clarity and agency, not anxiety. Online advice can become conflicting and overwhelming, especially when the “what” is offered without the “why” or a practical “how”.

Preparation can include biology, nutrition, stress and sleep, movement, fertility awareness, mindset, male health and shared preparation. You do not need to master all of it at once.

THREE TINY WAYS TO BEGIN

Choose the one that fits your life this week. One small step is enough.

1

Write down the one preconception question you most want answered before opening another source.

2

Choose one trustworthy source and look for the “what”, the “why” and one practical “how”—then stop for the day.

3

Keep a short note of questions about your health, medicines or supplements to discuss with a qualified healthcare professional.

A QUESTION TO SIT WITH

Which preconception topic currently leaves me feeling least clear or most overwhelmed?

The purpose of learning is not to know everything. It is to make more informed choices.

Inner Calm & Self-Trust

Preparation can be intentional without becoming controlling or perfectionistic. Stress is a natural part of life and should not become another reason for self-blame. The aim is not to suppress difficult feelings.

Self-compassion, body trust and supportive practices can make more room around uncertainty. Pleasure and enjoyment belong here too.

THREE TINY WAYS TO BEGIN

Choose the one that fits your life this week. One small step is enough.

1

Take five phone-free minutes once a day. Let your breathing settle naturally, without trying to achieve a particular state.

2

When you notice a demanding thought, add: "I can care deeply about this without doing it perfectly."

3

Put one small enjoyable thing in your week with no productive purpose—a bath, music, time outside or an unhurried cup of tea.

A QUESTION TO SIT WITH

Where am I placing unnecessary pressure on myself in this journey?

Doing your best does not mean being perfect.

Partnership & Support

Preconception should not automatically become one person’s physical and mental responsibility. A male partner matters biologically, practically and emotionally through shared habits, decisions, listening and mutual support.

Not everyone is preparing with a romantic partner. A trusted friend, family member or professional can still offer meaningful support.

THREE TINY WAYS TO BEGIN

Choose the one that fits your life this week. One small step is enough.

1

Set aside 20 uninterrupted minutes to ask what each of you needs, listening before offering solutions.

2

Choose one shared routine this week—cook a meal, take a walk or wind down for bed together.

3

Name one practical part of preparation that can be shared, decide who will take it on and check in again next week.

A QUESTION TO SIT WITH

What do I want to focus on in my preconception journey, and what do I need right now?

Shared preparation is about more than supporting the woman. Both people belong in the journey.

Choose one—not everything

Small, sustainable changes begin with an intention that belongs in your real life. Choose one step from the guide and make it your only focus this week.

This week, I want to nurture...

The one small action I will try...

I want this action to feel...

The person who can support me is...

AT THE END OF THE WEEK

What supported me? What felt difficult? What would I like to continue?

Gentle change should fit into your life—not require you to put your life on hold.

From a first reflection to a complete journey

This free guide introduces the philosophy. The Storka Preconception Wellness Programme provides the depth, structure and practical support.

Across nine gently paced weeks, more than 100 studio-produced, bite-sized lessons guide you through the science, the why and the practical how of preconception wellbeing and health.

The programme brings together specialists, guided practices, reflections, couple exercises, downloadable handouts, summaries and supporting sources. The Introduction and Preconception Mindset modules are available immediately; one new module then unlocks each week.

10

modules over 9 weeks

8

specialists in their fields

100+

studio-produced lessons



Experience a short lesson from inside Storka

Scan or tap to open the programme preview.

CONTINUE YOUR CONSCIOUS PRECONCEPTION JOURNEY

A thoughtful next step, when you are ready

If this guide has helped you see preparation differently, the complete Storka programme is here to accompany you further.

You will explore body, mind and relationship with greater depth, understand why each foundation matters and receive simple practices that can be integrated gradually into real life.

There is no hustle, no expectation of perfection and no promise to control every outcome—only thoughtful guidance to help you enter the journey feeling more informed, connected and supported.

Explore the Storka Programme

[See what is included](#)

A NOTE FROM THE FOUNDERS

With warmth, Ingrid & Adrien

We created Storka while preparing for parenthood ourselves. The principles shared throughout the programme have accompanied us through the birth of our first daughter, a period of postpartum nurturing and conscious preparation before welcoming our twin girls.

Seeing these ideas support other like-minded people has become one of the most meaningful parts of our journey.



A GENTLE REMINDER

This guide is intended for general educational and reflective purposes only. It does not constitute medical advice, diagnosis or treatment and does not replace individual guidance from a qualified healthcare professional. Consult an appropriate healthcare professional regarding your personal circumstances, health concerns, medications or supplements.

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