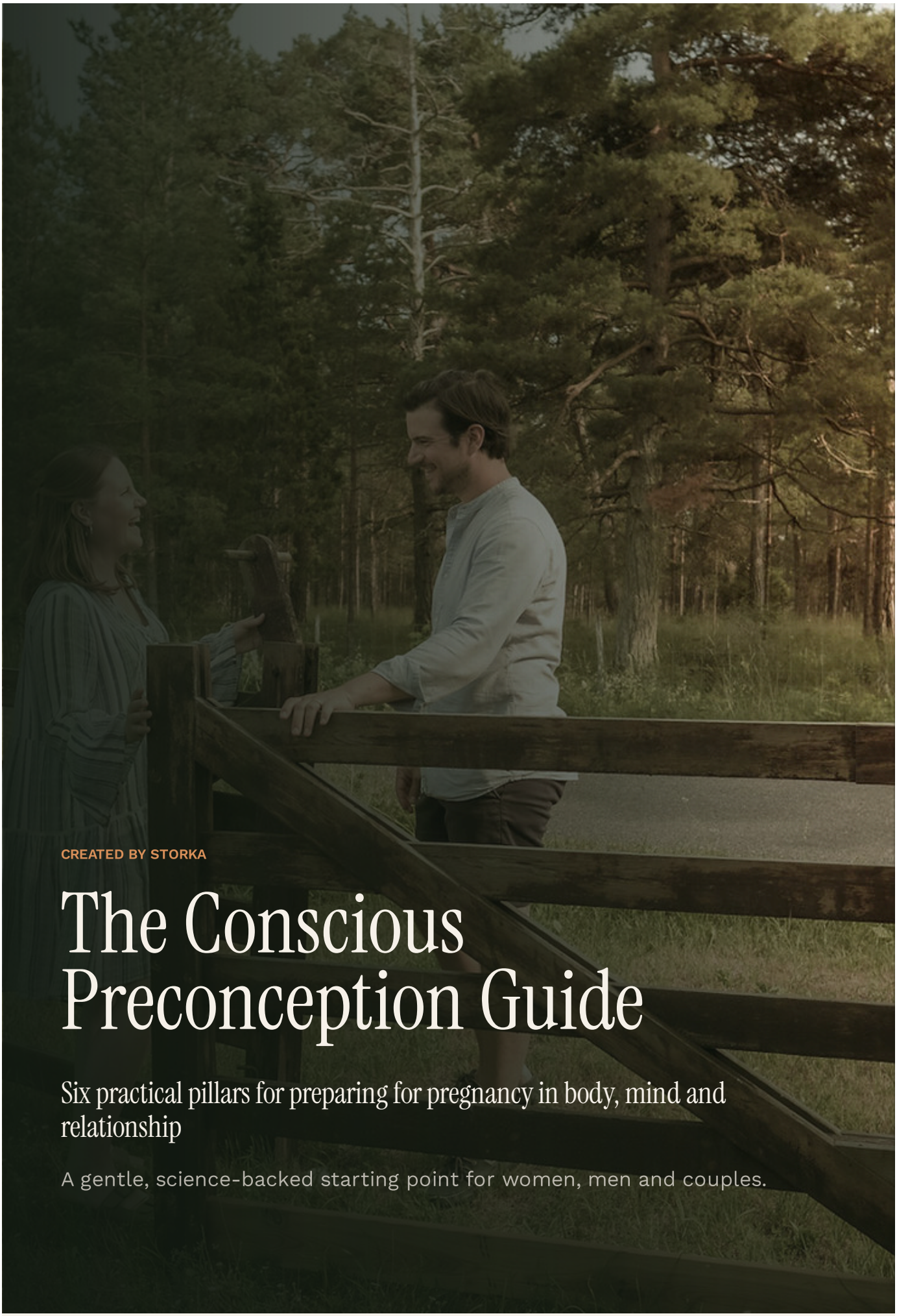


CREATED BY STORKA

The Conscious Preconception Guide

Six practical pillars for preparing for pregnancy in body, mind and relationship

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

WELCOME

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 six practical pillars, drawn from the Storka programme modules. Each one comes with three micro-steps you can start this week. Begin with the pillar highlighted in your Compass result, or simply choose the one that feels most relevant today.

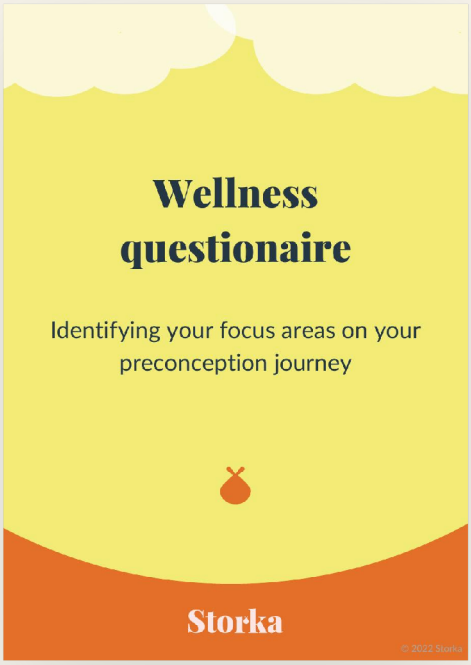
> You cannot control every outcome. You can choose how you prepare.

HOW TO USE THIS GUIDE

It's as easy as 1–2–3

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

Use this simple sequence for the next seven days. It gives you a clear place to start while leaving room for normal life and imperfection.



1

Save your action overview
Take one screenshot of the compact overview or print it on one page. All 18 ideas are grouped by pillar, with your focus pillar first.

2

Each day, pick one to three steps
Begin with your highlighted focus pillar. One step is enough on a busy day; do more only when it feels manageable.

3

Keep them, then add up to three new ones
Yesterday's steps stay. When they feel part of your routine, add up to three new ones—whatever feels calm rather than overwhelming.

YOUR ACTION OVERVIEW

Save this page. Start with your focus.

Take a screenshot of this overview. For the next seven days, return to your focus pillar and choose one to three of its steps each day.

01 Mindset & Intention

Write your three words. Choose three words for how you want this period to feel, and put them where you will see them daily—your lock screen or the fridge.

Anchor one daily ritual. Use your morning drink or journey home to pause for one breath and recall why this time matters to you.

Book one hour of pure enjoyment. Put it in your calendar this week—something that has nothing to do with preparing for pregnancy.

02 Nourish & Microbiome

Cook one meal from scratch. Pick two evenings this week and keep it to around five whole ingredients: vegetables, a protein and a fibre-rich carbohydrate.

Keep water within reach. Fill a bottle in the morning and finish it by lunchtime. Refill it for the afternoon and finish it by dinner.

Add a fermented food. Try one fermented food each day—such as kefir, live yoghurt, sauerkraut or kimchi—to support your microbiome.

03 Movement

Take a daily ten-minute walk. Ideally in daylight—after lunch or on the way home. A walk together counts twice.

Break up long sitting. Schedule a few alarms on your phone throughout the day to remind you to stand up and move gently for a few minutes.

Try one movement you enjoy. A yoga class, a swim, a bike ride or dancing in the kitchen—choose pleasure over intensity.

04 Stress & Sleep

Make meals screen-free. Put phones and screens away during meals. Enjoy the silence or listen to music, and focus on the texture, smell and taste of your food.

Keep a steady bedtime. Aim for roughly the same bedtime—within about half an hour—on most nights this week.

Create a screen-free wind-down. Put screens away 30 minutes before bed; dim the lights, read, stretch or take a warm shower instead.

05 Body Knowledge & Environment

Get to know the cycle. Note the first day of each period in the Read Your Body (RYB) app and begin learning its basic phases—together, if you are a couple. Visit Read Your Body

Swap one everyday product. Replace one plastic food container with glass, or choose one fragrance-free cleaning or personal-care product.

Read the ingredient list. Start reading the ingredient lists on foods and personal-care products. Notice what is in them and try to avoid unfamiliar additives or ingredients you do not recognise.

06 Partnership & Support

Have a 20-minute check-in. Each answer: what do I need right now, what might you need, and what does our relationship need? Listen before solving. If you are preparing alone, check in with yourself or a trusted friend, family member or close source of support.

Share one routine. Cook, walk or wind down for bed together at least once this week.

Split one practical task. Pick one part of preparation—meal planning, shopping or booking a check-up—and agree who takes it on.

01

PILLAR 1 OF 6

Mindset & Intention

Conscious preparation 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 start of a race towards an outcome.

A clear ‘why’ helps everyday choices feel connected to your values. It also makes it easier to let go of perfection: you can care deeply about this period without needing to control every part of it.

THREE MICRO-STEPS TO START THIS WEEK

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

1

Write your three words
Choose three words for how you want this period to feel, and put them where you will see them daily—your lock screen or the fridge.

2

Anchor one daily ritual
Use your morning drink or journey home to pause for one breath and recall why this time matters to you.

3

Book one hour of pure enjoyment
Put it in your calendar this week—something 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?

Goes deeper in the programme: Welcome to Storka · Preconception Mindset

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

02

PILLAR 2 OF 6

Nourish & Microbiome

Food is one of the most practical places to begin. Simple meals built from whole ingredients, steady hydration and a varied, plant-rich plate support your wider wellbeing—and a diverse diet also feeds the community of microbes in your gut.

Both egg and sperm develop over months, which is one reason nourishment matters for both biological parents. This is not about restriction or a perfect diet. It is about a few small, repeatable habits.

THREE MICRO-STEPS TO START THIS WEEK

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

1

Cook one meal from scratch
Pick two evenings this week and keep it to around five whole ingredients: vegetables, a protein and a fibre-rich carbohydrate.

2

Keep water within reach
Fill a bottle in the morning and finish it by lunchtime. Refill it for the afternoon and finish it by dinner.

3

Add a fermented food
Try one fermented food each day—such as kefir, live yoghurt, sauerkraut or kimchi—to support your microbiome.

A QUESTION TO SIT WITH

Which meal of my week already feels most nourishing—and could I repeat it once more?

Goes deeper in the programme: Nourish Your Body · Your Mighty Microbiome

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

03

PILLAR 3 OF 6

Movement

Regular, enjoyable movement supports circulation, mood, sleep and stress—and less time sitting still matters as much as any workout.

Preconception is not the moment for punishing routines. Walking, stretching, swimming or dancing all count. Let how your body feels, rather than intensity, guide you.

THREE MICRO-STEPS TO START THIS WEEK

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

1

Take a daily ten-minute walk
Ideally in daylight—after lunch or on the way home. A walk together counts twice.

2

Break up long sitting
Schedule a few alarms on your phone throughout the day to remind you to stand up and move gently for a few minutes.

3

Try one movement you enjoy
A yoga class, a swim, a bike ride or dancing in the kitchen—choose pleasure over intensity.

A QUESTION TO SIT WITH

What kind of movement makes me feel most like myself?

Goes deeper in the programme: Movement & Exercise

> The best movement is the one you look forward to.

04

PILLAR 4 OF 6

Stress & Sleep

Stress is a natural part of life and should not become another reason for self-blame. The aim is not to feel calm all the time, but to have a few gentle tools that help your nervous system settle.

Sleep is closely linked: a steadier rhythm of rest supports hormones, mood and daily energy. Small, consistent evening habits often help more than big changes.

THREE MICRO-STEPS TO START THIS WEEK

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

1

Make meals screen-free
Put phones and screens away during meals. Enjoy the silence or listen to music, and focus on the texture, smell and taste of your food.

2

Keep a steady bedtime
Aim for roughly the same bedtime—within about half an hour—on most nights this week.

3

Create a screen-free wind-down
Put screens away 30 minutes before bed; dim the lights, read, stretch or take a warm shower instead.

A QUESTION TO SIT WITH

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

Goes deeper in the programme: Master Your Stress · Sleep Your Way to Parenthood

> Doing your best does not mean being perfect.

05

PILLAR 5 OF 6

Body Knowledge & Environment

Good information should create clarity, not anxiety. Understanding the basics of reproductive biology—for both parents—and the phases of the menstrual cycle helps you make informed choices with more confidence.

Everyday environments matter too. You cannot remove every exposure, and you do not need to. Small, calm swaps at home—in the kitchen, the bathroom and cleaning cupboard—are a meaningful beginning.

THREE MICRO-STEPS TO START THIS WEEK

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

1

Get to know the cycle
Note the first day of each period in the Read Your Body (RYB) app and begin learning its basic phases—together, if you are a couple.
Visit Read Your Body

2

Swap one everyday product
Replace one plastic food container with glass, or choose one fragrance-free cleaning or personal-care product.

3

Read the ingredient list
Start reading the ingredient lists on foods and personal-care products. Notice what is in them and try to avoid unfamiliar additives or ingredients you do not recognise.

A QUESTION TO SIT WITH

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

Goes deeper in the programme: Biology of Preconception · Fertility Awareness · Toxins & Detoxification

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

06

PILLAR 6 OF 6

Partnership & Support

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

Not everyone is preparing with a romantic partner. A trusted friend, family member or professional can still offer meaningful support. Shared preparation begins with space to speak honestly and listen without immediately trying to solve.

> *What might my partner or supportive person need right now?*

> *What does our relationship or support system need so that we can grow through this journey?*

THREE MICRO-STEPS TO START THIS WEEK

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

1

Have a 20-minute check-in
Each answer: what do I need right now, what might you need, and what does our relationship need? Listen before solving. If you are preparing alone, check in with yourself or a trusted friend, family member or close source of support.

2

Share one routine
Cook, walk or wind down for bed together at least once this week.

3

Split one practical task
Pick one part of preparation—meal planning, shopping or booking a check-up—and agree who takes it on.

A QUESTION TO SIT WITH

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

Goes deeper in the programme: Couple's reflections throughout the programme

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

YOUR SEVEN-DAY RHYTHM

Repeat the same simple 1–2–3

You do not need a new plan. Follow this rhythm until the steps begin to feel familiar.

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Save your action overview
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3

Keep them, then add up to three new ones
Yesterday's steps stay. When they feel part of your routine, add up to three new ones—whatever feels calm rather than overwhelming.

AT THE END OF THE WEEK

Keep the steps that supported you. Let go of what did not fit, and add one new step only when you feel ready.

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

A LOOK INSIDE STORKA

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 conversations with field-specific specialists, guided practices, individual reflections, couple exercises, downloadable handouts, lesson summaries and supporting sources. The Introduction and Preconception Mindset modules are available immediately; one new module then unlocks each week.

10	8	100+
modules over 9 weeks	specialists in their fields	studio-produced lessons

Experience a short look inside Storka →

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.

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.

Small, sustainable changes **Shared preparation**

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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Explore the Storka Programme