

The Baby Naming Experience

BABY NAMING WORKSHEET

It would be wonderful if your baby's perfect name magically pops into your head, but don't count on it. Invest thought, research, education and diplomacy into the process and you'll be amazed at the results. This **BABY NAMING WORKSHEET** is meant to help you get in touch with the name both you and your baby will love for life.

Basic information:

Your baby's due date _____

We all have a special relationship to the season when we are born. You may wish to consider such influences for either the first or middle name. For instance, a girl born in the middle of summer may love a middle name like Rose, Daisy, Jasmine or Violet. Look at characteristics associated with your child's projected astrological sign and choose a name that will support that sign's personality development. As an example, a name that encourages emotional sensitivity may not be ideal for a Pisces or Cancer child.

Are you having a boy____, girl____, twin boys____, twin girls____, one of each____?
If you do know gender, decide if you will consider a uni-sex name? If having twins, will the names coordinate in some way through initials or sound?

Who is making the final decision on your baby's name? _____

Determine in advance who will have the final say in your baby's name choices. Letting friends and extended family know they are not getting a vote will help avoid hurt feelings.

Will you make the name public before your child's birth? _____

Will there be a middle name? Yes _____ No _____

Keep in mind that middle names in today's society are important. Also keep in mind that more than one middle name can be cumbersome and confusing.

Do you have a preference in initials? If so, jot down the combinations you are considering to get a feel of how they look. (i.e. J.A.B. vs. J.L.B.)

Both the sound and look of initials are important.

Will you consider a popular name? Why or why not? *Overall, there are pros and cons to going with one of the most popular names. Along with overall popularity, look at the popularity of names in your particular state or province since different areas vary in top choices. For instance, Emma and William are #1 in several U.S. southern states and in Canada, Liam gets the #1 nod for boys.*

(These are the currently the top ten names in the U.S.)

- | | |
|--------------|----------|
| 1. Jacob | Sophia |
| 2. Mason | Isabella |
| 3. William | Emma |
| 4. Jayden | Olivia |
| 5. Noah | Ava |
| 6. Michael | Emily |
| 7. Ethan | Abigail |
| 8. Alexander | Madison |
| 9. Aiden | Mia |
| 10. Daniel | Chloe |

Associations:

Along with looking at popularity of baby name choices you are considering, look also at associations for each name both within your extended family and in the culture at large. One way to do this culturally involves placing each name into a Google search. You will very quickly discover the most prominent people who have had that name, along with other societal commentary. Within your family, study the lives of any people you want to name your child after, since life circumstance are often affected by name influences.

First Name:

By now, you should have an idea some of the characteristics and features you like or don't like in a first name. So put your favorites to the test. List your top ten name choices and then go to *The Baby Naming Experience Report Card* and see how each name grades.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Predispositions:

Are there specific predispositions that run in your family such as hyperactivity, addiction, weight management issues, depression or poor initiative? Go to the charts in the *Baby Naming Lab* to discover if any of those predispositions are encouraged by names you are considering.

Then rate the following characteristics and traits on a scale of 1 to 10...with 10 being traits you'd like to see emphasized in your baby's personality, and 1 being traits that are not important to you. The charts in the *Baby Naming Lab* will let you know how each first name rates with regard to each.

- | | | |
|--|---|---|
| <input type="checkbox"/> <i>Independence</i> | <input type="checkbox"/> <i>Creativity</i> | <input type="checkbox"/> <i>Social Adeptness</i> |
| <input type="checkbox"/> <i>Physical Adeptness</i> | <input type="checkbox"/> <i>Spirituality</i> | <input type="checkbox"/> <i>Academic Interest</i> |
| <input type="checkbox"/> <i>Patience</i> | <input type="checkbox"/> <i>Compliance</i> | <input type="checkbox"/> <i>Sense of Humor</i> |
| <input type="checkbox"/> <i>Spontaneity</i> | <input type="checkbox"/> <i>Calmness</i> | <input type="checkbox"/> <i>Adventurousness</i> |
| <input type="checkbox"/> <i>Cheerful Disposition</i> | <input type="checkbox"/> <i>Sensitivity</i> | <input type="checkbox"/> <i>Detail-Orientation</i> |
| <input type="checkbox"/> <i>Musical Ability</i> | <input type="checkbox"/> <i>Humanitarian Concern</i> | <input type="checkbox"/> <i>Financial Ability</i> |
| <input type="checkbox"/> <i>Objectivity</i> | <input type="checkbox"/> <i>Passion</i> | <input type="checkbox"/> <i>Confidence</i> |
| <input type="checkbox"/> <i>Love of Nature</i> | <input type="checkbox"/> <i>Free-Spiritedness</i> | <input type="checkbox"/> <i>Imagination</i> |
| <input type="checkbox"/> <i>Expressiveness</i> | <input type="checkbox"/> <i>Family Responsibility</i> | <input type="checkbox"/> <i>Image-Consciousness</i> |

Also rate these potential negatives with 10 being those negatives you wish to avoid at all cost and 1 being those you could live with easily.

- | | | |
|--|---|--|
| <input type="checkbox"/> <i>Stubbornness</i> | <input type="checkbox"/> <i>Secretiveness</i> | <input type="checkbox"/> <i>Hyperactivity</i> |
| <input type="checkbox"/> <i>Rebellion</i> | <input type="checkbox"/> <i>Moodiness</i> | <input type="checkbox"/> <i>Over-indulgence</i> |
| <input type="checkbox"/> <i>Carelessness</i> | <input type="checkbox"/> <i>Shyness</i> | <input type="checkbox"/> <i>Poor Study Habits</i> |
| <input type="checkbox"/> <i>Temper</i> | <input type="checkbox"/> <i>Selfishness</i> | <input type="checkbox"/> <i>Irresponsibility</i> |
| <input type="checkbox"/> <i>Aggressiveness</i> | <input type="checkbox"/> <i>Materialism</i> | <input type="checkbox"/> <i>Coldness</i> |
| <input type="checkbox"/> <i>Seriousness</i> | <input type="checkbox"/> <i>Dependency</i> | <input type="checkbox"/> <i>Loner Tendencies</i> |
| <input type="checkbox"/> <i>Indecisiveness</i> | <input type="checkbox"/> <i>Procrastination</i> | <input type="checkbox"/> <i>Hypersensitivity</i> |
| <input type="checkbox"/> <i>Argumentativeness</i> | <input type="checkbox"/> <i>Poor Money Skills</i> | <input type="checkbox"/> <i>Poor Verbal Skills</i> |
| <input type="checkbox"/> <i>Passive-Aggressiveness</i> | <input type="checkbox"/> <i>Cautiousness</i> | |

Middle Name:

Don't give your baby's middle name short shrift. This is the name component that will 1) provide the middle initial 2) energetically mold your child's self-image 3) act as a subliminal bridge between right and left brain activity.

In times past, middle names were often related to a family member or to a revered religious figure. But more and more, parents are providing middle names that carry great unique meaning for their children. With that in mind, always choose a middle name your baby will want to keep public as an adult. And be sure the length and sound of the name you pick blends well with the first and last name.

List middle names you are considering and check out their profile in **The Baby Naming Lab**. Then star those that look and sound like winners!

_____	_____	_____
_____	_____	_____
_____	_____	_____

Full Name:

Once the first and middle names have been determined, it's time to check out the characteristics of the full name. Remember, the full name will greatly affect your child's future professional life, finances and overall life purpose and destiny. The full name

should carry a harmonious rhythm and be easy to say and spell. Once you've determined your top full name choices, review profile influences through the **Baby Naming Lab** to discover potential challenges while also evaluating career and vocational predispositions.

Nicknames:

Write out all possible nicknames for the first names your are considering and then check out the associated profiles in the **Baby Naming Lab** to see if there is a nickname that will energetically complement the formal name to best advantage. Determining acceptable and unacceptable nicknames in advance of your child's birth will have you prepared when a family member attempts to be creative against your wishes!

The Family Dynamic:

Everyone in the family has a name, and those names play a role in establishing dynamics of compatibility and communication.

What is the general mood of your family?

- Social, fun-loving, adventurous and always on the go*
- Traditional, duty-oriented and focused on conventional values*
- Innovative, inventive and continually taking new paths*
- Artistic, culturally-oriented and involved in imaginative pursuits*
- Outdoorsy and highly physical*
- Hard-working, practical, committed to making a contribution to family/community*

After checking your family dynamic mood, look to the **Baby Naming Lab** to see if the personality of the first name you've chosen for your baby will fit with that mood. Next, go to the trait charts in the **Baby Naming Lab** and do a comparison study between the first names you're considering and family member names.

Checking in with Baby:

On some level we all choose our names, and your baby is no exception. You will receive clues to the name your baby desires through dreams, kicks, subliminal messages, etc. But you can take a short-cut to such communication by having a consultation with Maryanna Korwitts. Maryanna will use her baby name oracle cards to get in touch with your child's name needs. Set an appointment at www.thebabynamingexperience.com or call 800-750-6649.

Write it!

How will it feel to have a particular signature? Write out the full name choices you're considering for your baby to find out!

Try it On!

Role-playing with a particular name is a great way to discover public reaction to that name. Try on names you are considering by using those names when you make restaurant reservations or order free catalogs. You will literally be stepping into your baby's name shoes.

Happy Baby Naming!

For more information on baby naming and related services, contact:

Maryanna Korwitts
www.thebabynamingexperience.com
800-750-6649