

birth affirmations

I AM STRONG

I BELIEVE IN MYSELF AND MY ABILITY TO GIVE BIRTH

I AM INTUNE WITH MY BODY AND MY BABY

I AM CALM AND RELAXED

I ONLY ALLOW POSITIVE ENERGY TO FLOW THROUGH ME

I AM IN CONTROL OF MY THOUGHTS

I AM IN CONTROL OF MY BREATH

I CHOOSE TO SEE THE BEAUTY IN THIS ENTIRE PROCESS

I ACCEPT MY LABOR AND BIRTH EXPERIENCE NO MATTER WHAT

I AM OPEN TO ALL THAT THIS EXPERIENCE HAS TO OFFER

I LOVE MY BODY AND ALL THAT IT DOES FOR ME AND FOR MY BABY

I TRUST THAT MY BODY KNOWS EXACTLY WHAT TO DO

I RADIATE BEAUTY AND GRACE

I AM READY FOR THIS WONDERFUL NEXT CHAPTER OF MY LIFE

I AM LOVED AND SUPPORTED

I AM DOING GREAT

I CAN DO THIS AND I WILL



remember how truly amazing you are, there's nothing you can't do