

I am blessed to be able to have this
baby inside of me

Every week is a step closer to meeting
my bundle of joy

Everything I need to take care of this
baby is already within me

My body is accepting my baby and my
pregnancy will be just fine. I will have
a safe birth and a healthy baby.

My baby is developing normally and
will be born healthy, whole, safe, and
at the perfect time

There's beauty in the growth of my belly and the rest of my body. My baby is getting healthier and stronger!

I have all of the strength I need inside me

my birth will be beautiful
Labor will be easy, gentle, and swift

I trust my body

My body knows what to do

Every contraction is one step closer to my baby

The ability to give birth is a beautiful
gift.

My body and my baby are working
together and know what they are
doing.

My muscles work in complete harmony
to make breathing easier.

I am good enough in all that I do

I am all my little one needs

I will ask for help if I need it.

It will take some time for me to learn
about my baby; right now I am
rocking it

I have a balanced mind, body and
spirit

I am amazing

I'm courageous and brave

I'm proud of myself
