

# HelloBirth

## AFFIRMATIONS FOR PREGNANCY & BIRTH



I AM LEARNING TO LISTEN TO MY BODY.



I AM PROUD OF MYSELF FOR TAKING CHARGE OF MY PREGNANCY AND BIRTH.



AS I TAKE IN NEW INFORMATION, I GIVE MYSELF TIME TO DECIDE WHAT FEELS TRUE FOR ME.



I AM FREE TO CHOOSE WHAT'S RIGHT FOR ME AND MY BABY.



MY BODY IS STRONG AND CAPABLE.



I CHOOSE TO MOVE MY BODY AS OFTEN AS MY BODY ALLOWS.



I EAT FOODS THAT HELP MY BABY CONTINUE TO GROW IN A HEALTHY WAY.

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## AFFIRMATIONS FOR PREGNANCY & BIRTH



I EMBRACE THE CHANGES IN MY BODY AS MY BABY GROWS.



I WELCOME ANY CHANGES AS TEMPORARY.



I AM FLEXIBLE AND PREPARED FOR CHANGE.



I RELEASE UNHELPFUL THOUGHTS.



I CAST ASIDE OTHER PEOPLE'S STORIES AND TRAUMAS UNLESS I HAVE AMPLE SPACE TO HOLD THEM.



I SPEAK UP WHEN THINGS DON'T SEEM RIGHT.



MY BABY'S BIRTH STORY HASN'T BEEN WRITTEN YET. WE HAVE A BLANK SLATE.

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## AFFIRMATIONS FOR PREGNANCY & BIRTH



I AM PREPARING FOR THE  
SENSATIONS OF LABOR AND BIRTH.



I AM CALM, CENTERED AND IN  
CONTROL AS MY LABOR BEGINS.



I LET GO AND MY BODY TAKES OVER.



MY BODY IS SOFT.



I RIDE THE WAVES OF LABOR.



AS MY LABOR ADVANCES, I RETURN TO  
MY BREATH. A WAVE OF RELAXATION  
WASHES OVER ME.



I EMBRACE THE SENSATIONS OF BIRTH  
FEARLESSLY.

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## AFFIRMATIONS FOR PREGNANCY & BIRTH



MY UTERUS RISES WITH POWER  
AND CONTROL.



MY BABY MOVES DOWN FOR BIRTH.



MY CERVIX OPENS SMOOTHLY WITH  
EACH WAVE.



I'M READY TO RELEASE MY BABY TO  
THE OUTSIDE WORLD.



MY BABY IS READY TO BE BORN.



I CAN IMAGINE AND FEEL MY BABY IN  
MY ARMS.



MY HEART AND BODY ARE OPEN.