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Affirmations for pregnancy





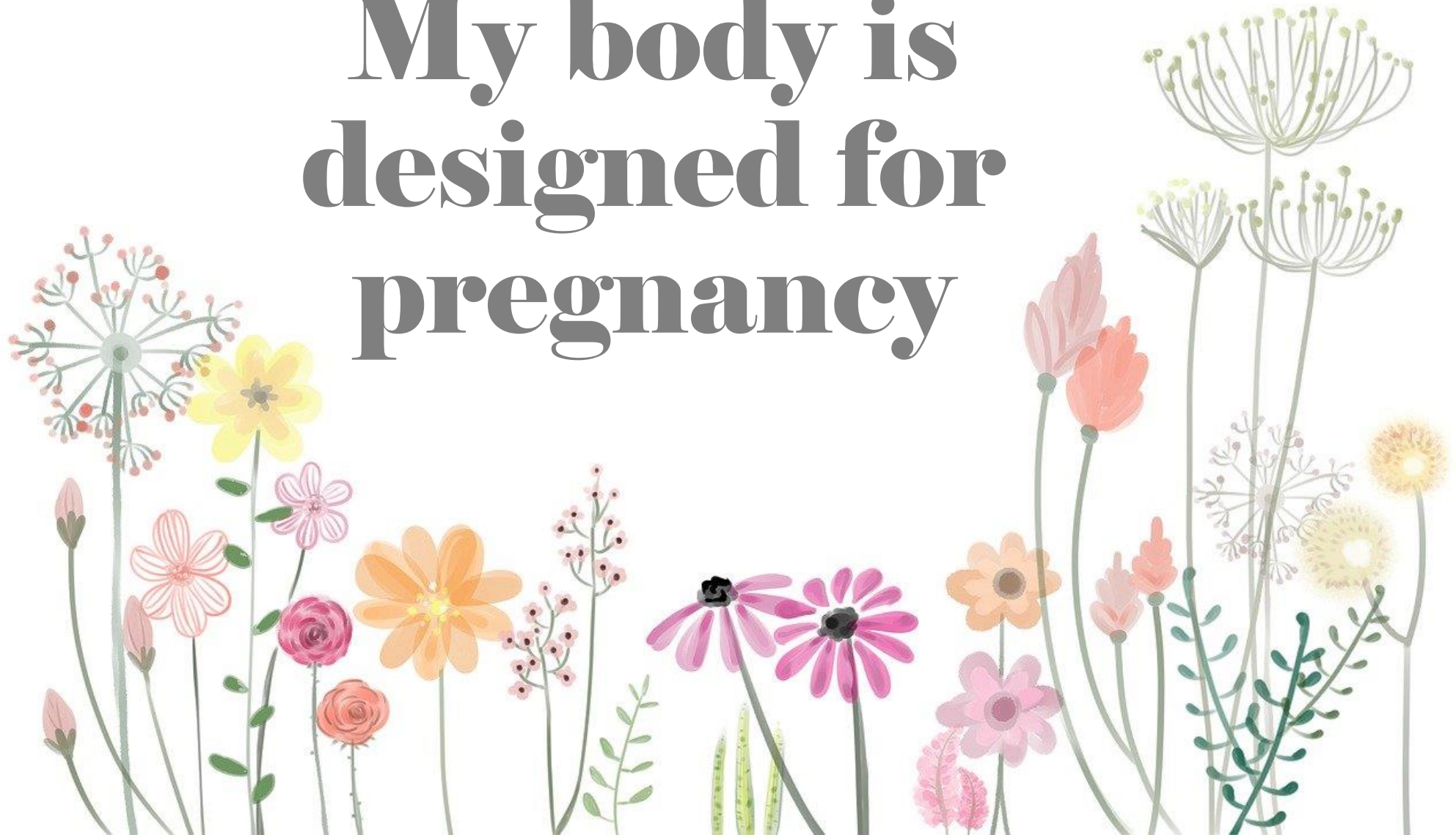
**My body knows
how to grow this
baby and when to
birth my baby**







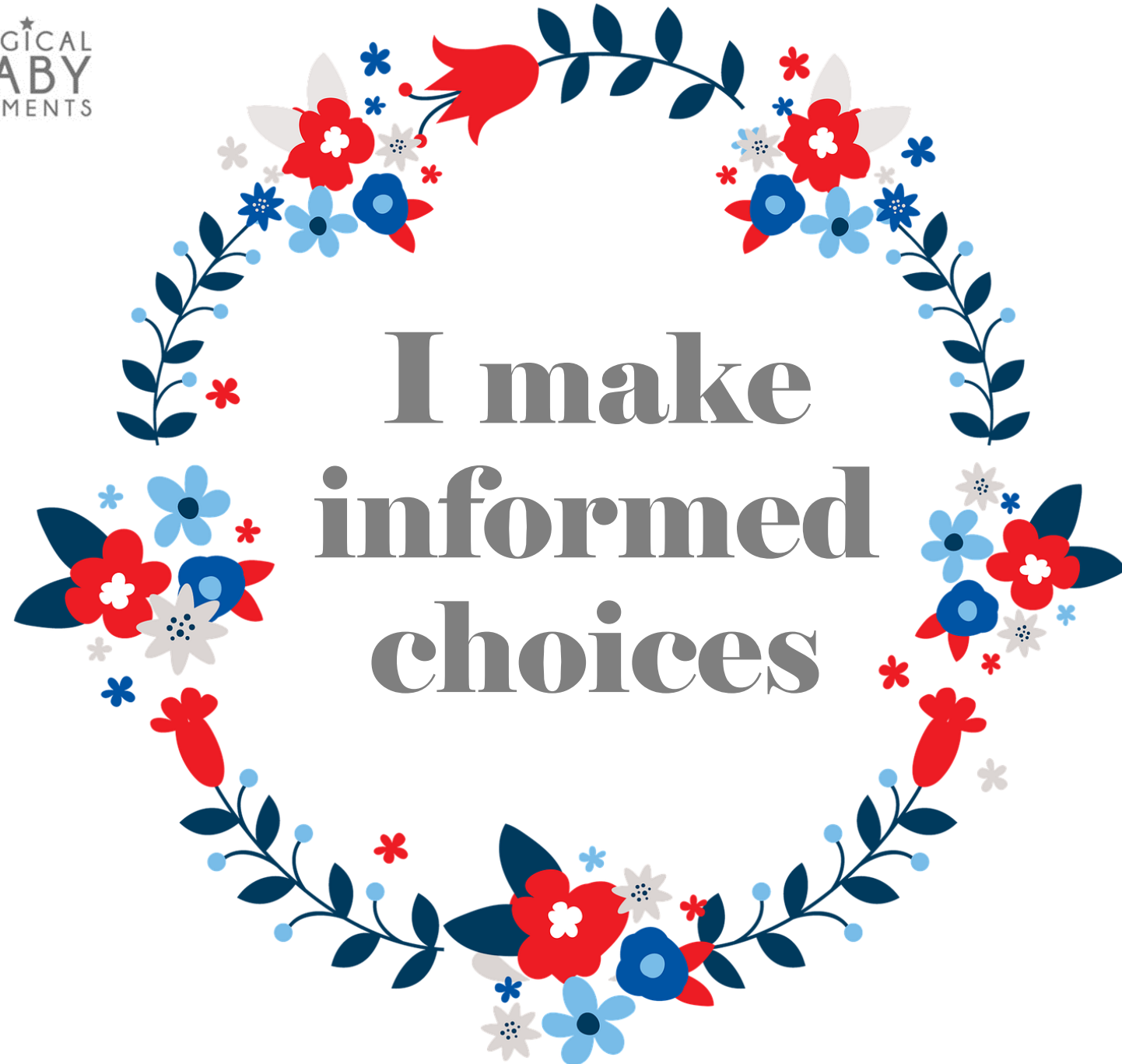
My body is designed for pregnancy





**My body
instinctively
knows how to
grow a baby**








**I prepare for the
birth of my baby
with a positive
mindset**





**I am
in tune with
my body**



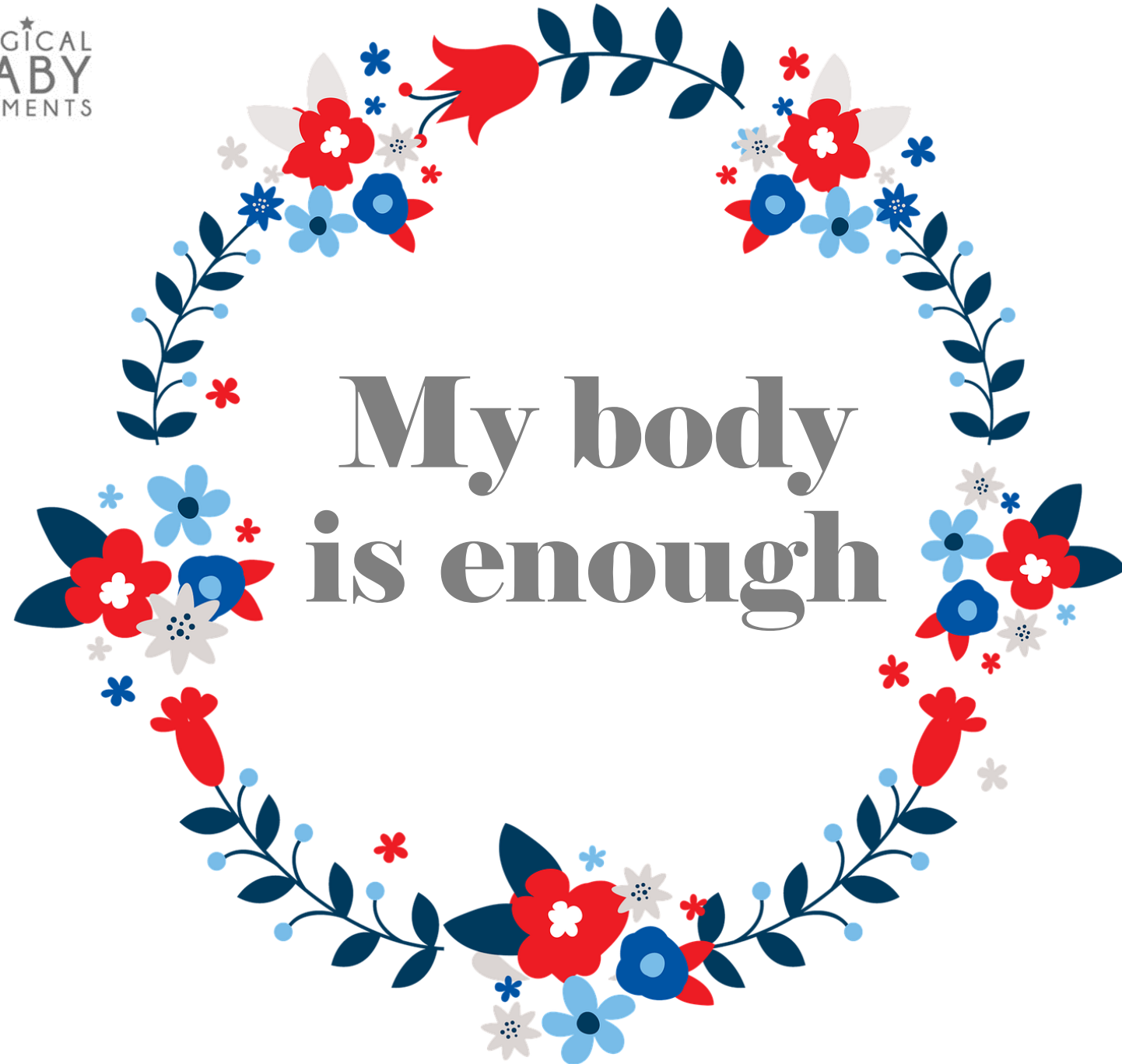
**My fears are
overcome,
by being better
informed**





My body and my baby know what to do







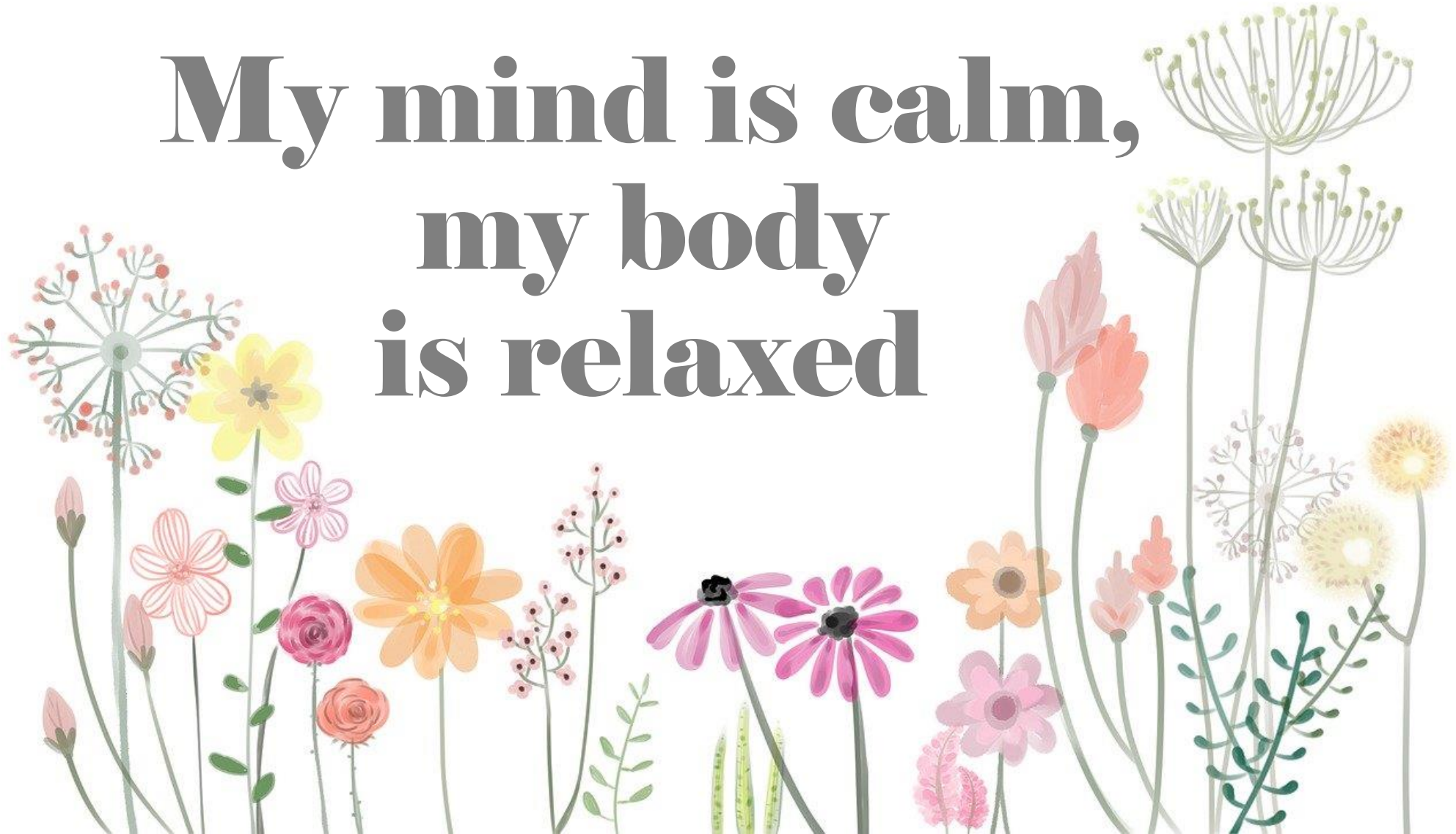
**I let nature lead my
body through
pregnancy and
labour**



A circular wreath made of green leaves and small flowers in yellow, orange, and red.

**Other people's
experiences
are not
mine**

**My mind is calm,
my body
is relaxed**





**My baby is the
right size for my
body**







**I am being
supported in the
right way for my
baby's needs**



A circular wreath made of green leaves and small flowers in yellow, orange, and red, surrounding the central text.

**I listen to my
intuition**

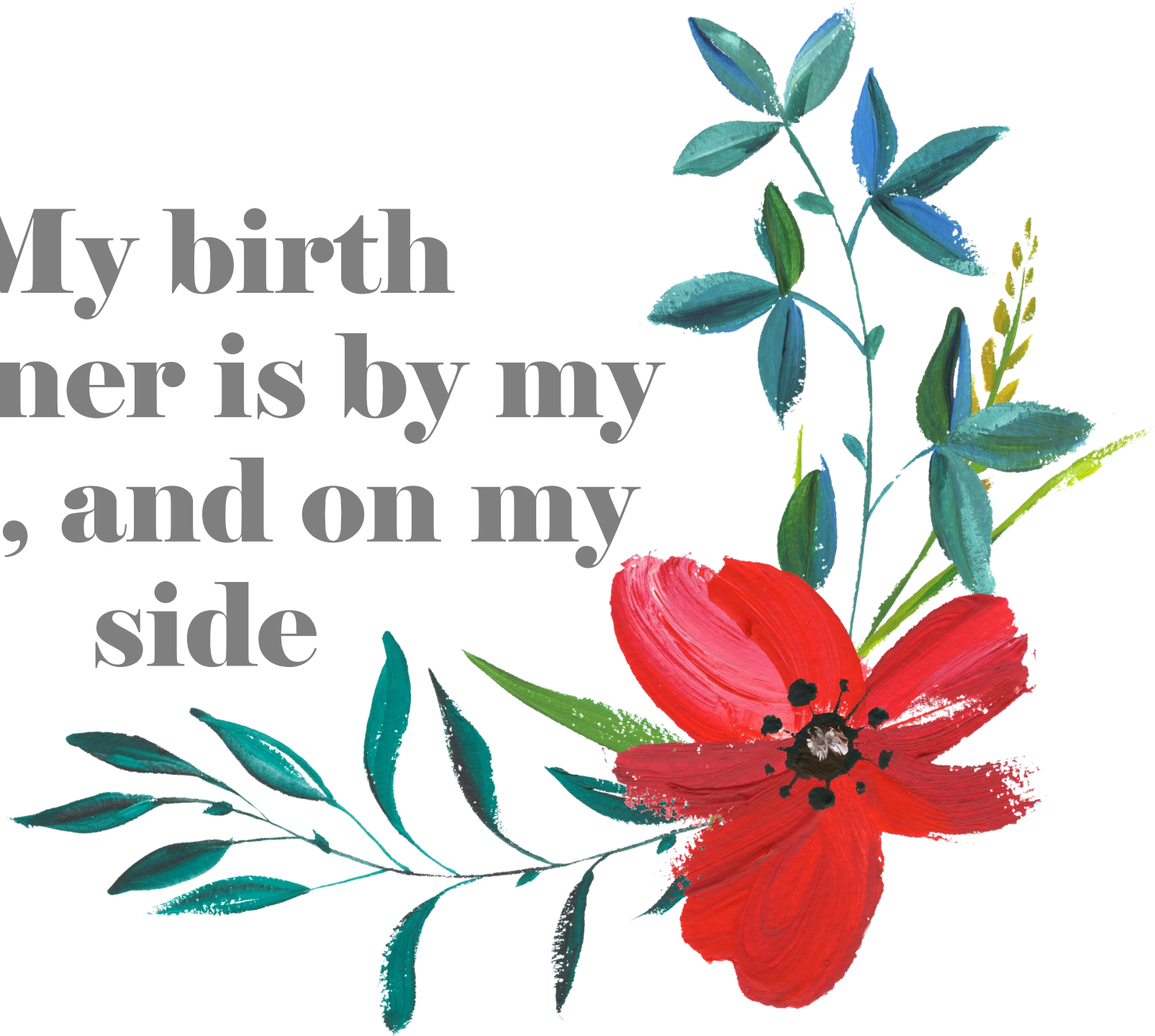


**I have confidence
in birthing my
baby
naturally**





My birth
partner is by my
side, and on my
side








**I only focus on the
positive, as I
prepare to meet my
baby**



A circular wreath made of green leaves and small yellow, orange, and red flowers surrounds the text.

**My body
knows
exactly what
to do**



**Birth is
miraculous,
however
it unfolds**





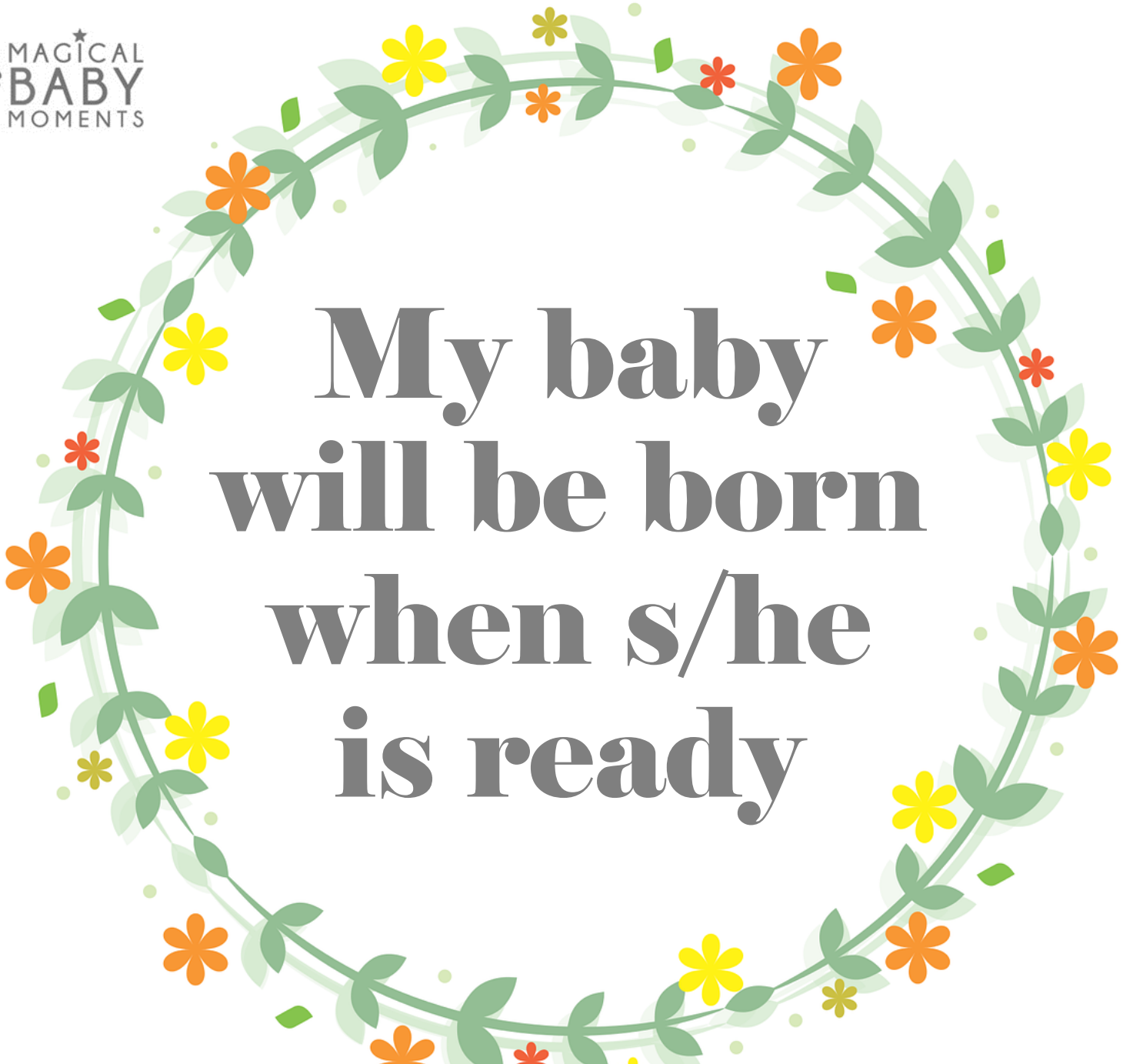
I let my baby
decide its birth
day







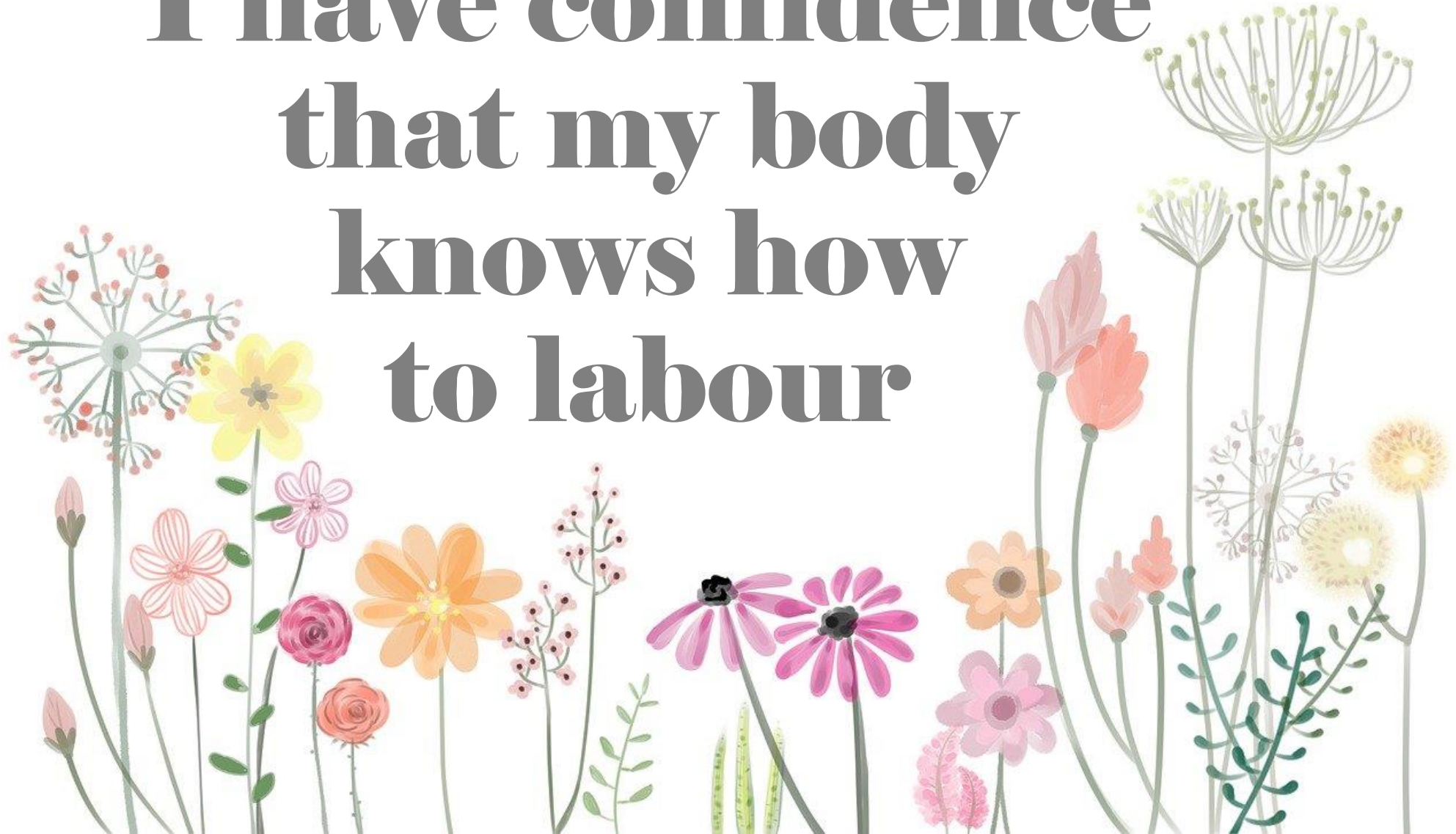
**My body is relaxed
because my mind
trusts in the
natural process of
labour**

A circular wreath made of green leaves and small yellow, orange, and red flowers surrounds the central text.

**My baby
will be born
when s/he
is ready**



**I have confidence
that my body
knows how
to labour**





Everything will
happen exactly
as it should







**It all begins
and ends in your
mind, think
positively**

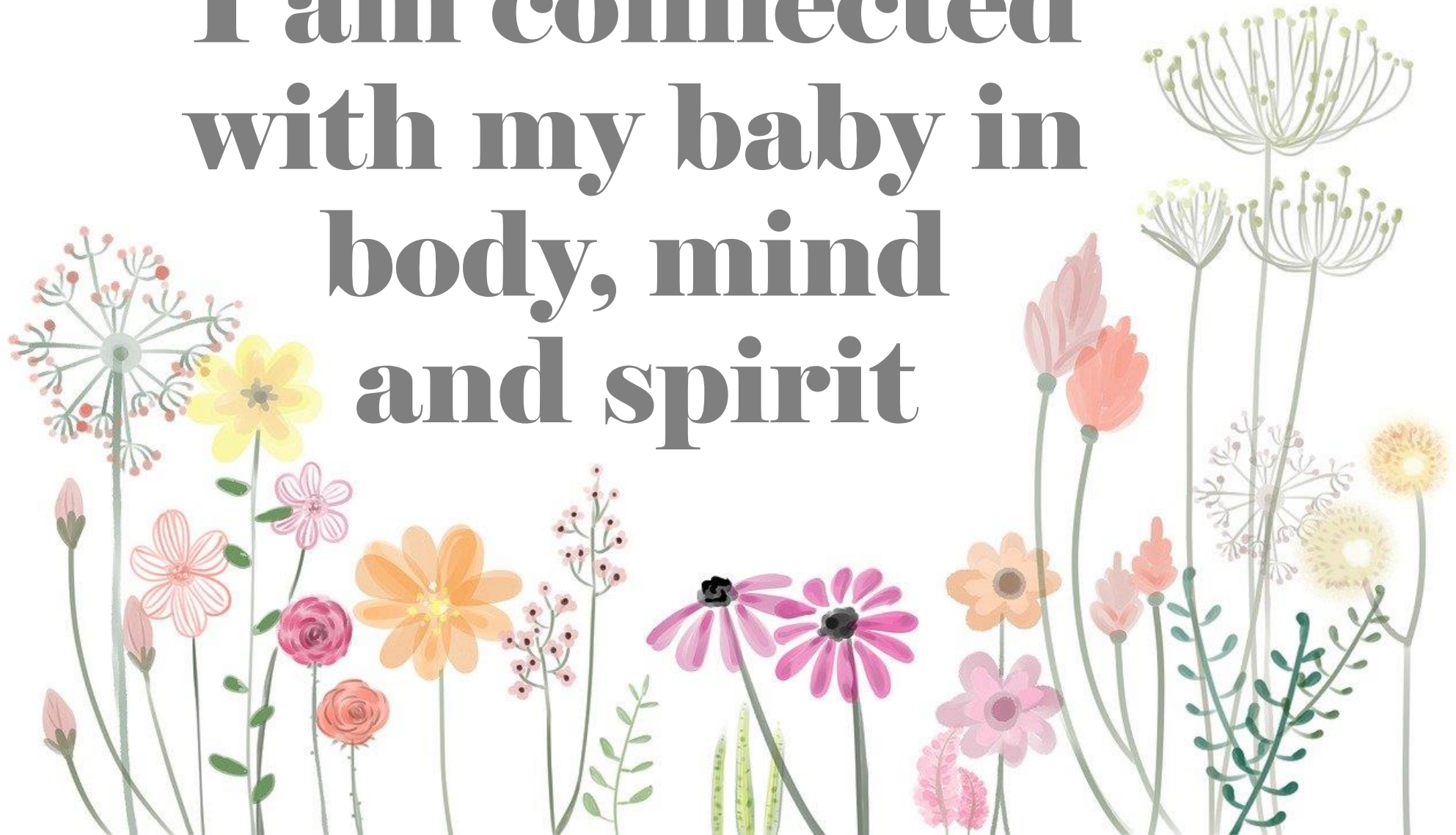


A circular wreath made of green leaves and small yellow, orange, and red flowers surrounds the text.

**I feel
calm and
confident,
ready for
labour**



**I am connected
with my baby in
body, mind
and spirit**





**My baby gives me
the strength to
do anything**

