

AFFIRMATIONS

Write in some others you would like to hear...

Your body was made for this!

**You are working with your body to meet your
baby!**

This is hard, but you are so strong!



**Each contraction is
bringing you closer to your
baby!**

You are safe!

You are strong!

You are brave!

I am so proud of you!

I am right here.

Focus on your breath!

You are doing so well!