



BIRTH AFFIRMATIONS




Each
sensation
brings me
closer to my
baby



I can do
anything for
60 seconds




My body
knows
what to do




I was made
for this!



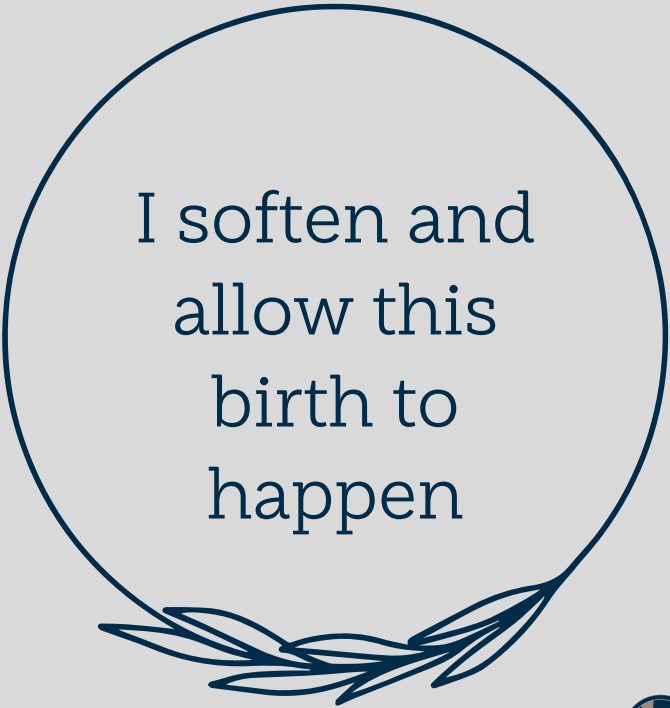
BIRTH AFFIRMATIONS




My body is
strong and
capable



I am
blessed to
birth this
baby



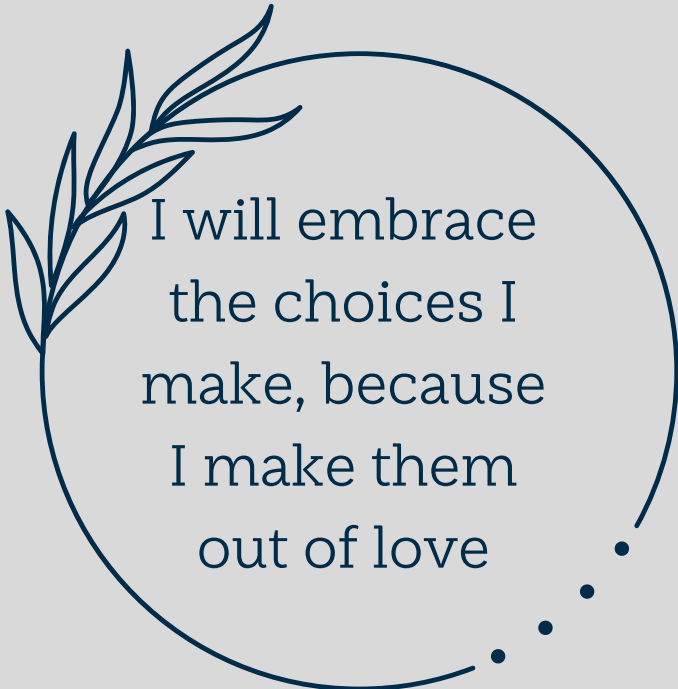
I soften and
allow this
birth to
happen




I can do
hard
things



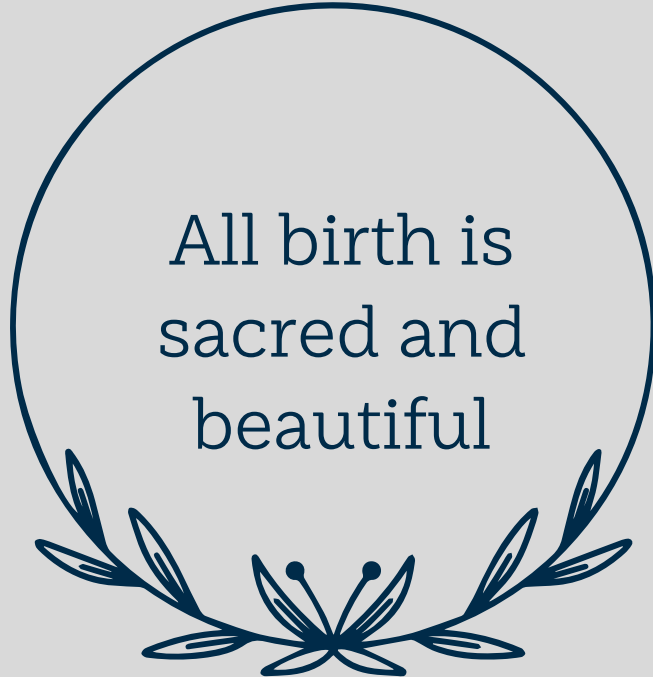
CESAREAN BIRTH AFFIRMATIONS




I will embrace
the choices I
make, because
I make them
out of love



I am thankful
that my baby
can be born
safely this way



All birth is
sacred and
beautiful



I am
surrounded
with love
and support

