

I trust
my body
and
my instincts



Supportive
hands guide me
through this
journey

My baby and I
work together
in harmony



I deepen
relaxation as I
move further in
labor



Each surge
brings me closer
to my baby

I release fear
and embrace
the birthing
process



Supportive
voices encourage
and
empower me



I am capable of
facing
challenges with
courage



My body
knows how to
birth my baby



I am calm,
confident and
happy



My baby's
arrival is a
celebration of
love



I have a loving
and capable
birth team to
support me



My birth
experience is
unique and
beautiful



I honor the
power and grace
within me



With each
breath, I grow
calmer and
serene



I am strong,
capable and
resilient



My body
is a source of
wonder &
beauty



I honor and love
my body
throughout this
journey



My body knows
how to give
birth my baby



I surrender to
the power of my
body



My
mind and body
are relaxed



I cherish my
body's ability to
nurture my
little one



My baby's
heartbeat is a
soothing melody



I respect
and
care for my body

