

# We believe what we think about

## HOW TO WRITE AFFIRMATIONS

-  **1. Start with the words “I AM” or “I”.** “I am” are considered the two most powerful words in the English language. “I AM” is the way you connect your subconscious to your identity, which shapes your reality. “I am confident in my ability to have the birth I want.” Or “I am active. I love being outside with my kids.”
-  **2. Make it POSITIVE:** Always write in the positive. You want to reaffirm over and over what you DO want. Guess what? Negative affirmations work too, so keep it in the positive. “The exact right people are at the birth of my baby to help, love, and support me.” OR “My children are good, happy, and easy.”
-  **3. PRESENT TENSE:** This ensures that your subconscious mind goes to work on them right away. Change only happens in the present. Plus you get to feel how you would feel if it were your reality. “I am relaxed, calm, and confident during my baby’s birth.” OR “I love my beautiful new home. It feels awesome to be in that space.”
-  **4. PERSONAL:** You could go to Pinterest right now and have a million affirmations at your fingertips. But YOU know what it is that you are struggling with the things you want most. So keep it personal to you. Write your affirmations for you! “My baby is the perfect size for my body.” OR “I’m grateful for my reliable car that runs perfectly.”
-  **5. BE SPECIFIC:** The more specific the better. What do you want exactly? You could say: “I am so pleased with my labor and birth.” or you could be more specific and say: “I am so proud of myself. I rocked a quick 5 hour labor that brought my beautiful baby into my arms.”
-  **6. LAYER ON GRATITUDE:** When you add gratitude to your affirmations it makes them that much more powerful. “I am grateful my birth partner provides me with exactly the support I need in labor.” OR “I am so grateful for my husband. I have the best marriage!”
-  **7. Make it VISIBLE:** Once you write your own affirmations. Put them somewhere where you will be reminded to read them daily.