

GREAT AFFIRMATIONS FOR BIRTH:

1. I am happy and excited about my pregnancy.
2. I am looking forward to a calm and beautiful birth.
3. I choose to enjoy every second in this journey of pregnancy.
4. I assertively use my voice to express what I want and need.
5. I believe in myself and my natural ability to give birth easily and peacefully.
6. My baby is in the perfect position to come to the world efficiently and smoothly.
7. I am ready and prepared for a safe and effortless birthing experience.
8. I know the right time to head to the hospital.
9. My body was designed to nourish, protect, and grow my baby.
10. My baby and I are working together to prepare for their birth.
11. I am grateful for this powerful experience.
12. I am strong, courageous, confident, and resilient.
13. I educate myself to make the best possible decisions for my pregnancy and my baby's birth.
14. I was divinely chosen to be the mother of this child.
15. I am the perfect one to care for my baby.
16. This is the right time for my baby to come to the world and bless our family.
17. My baby will be born at the perfect time.
18. I love and approve of myself.
19. I welcome, honor, and embrace the changes in my beautiful pregnant body.
20. I trust my body knows how to safely guide my baby out of the womb and into my arms.

21. I am focused on the joy of meeting my child.
22. My baby is loved and senses my love.
23. The bond and connection to my baby, grows stronger every day.
24. I cherish and celebrate the gift of pregnancy and motherhood.
25. I deeply trust my instincts and my body.
26. I feel privileged to carry this baby inside of me.
27. I protect myself and my baby by allowing only positive thoughts and words about pregnancy and childbirth.
28. My most important job is to simply relax, stay centered, and to allow my baby's birth to happen.
29. I love my pregnant body - it is radiant and beautiful.
30. My body is equipped with everything I need to take care of my baby.
31. I am bringing a perfectly healthy, whole, and strong child into this world.
32. My baby knows how and when to be born.
33. I patiently await for his/her arrival.
34. I am remaining alert, in tune, and aware of my needs.
35. I intuitively know the needs of my baby.
36. I welcome motherhood with grace, gratitude, and a heart filled with love.
37. I allow myself to see the beauty and joy in this process of pregnancy.
38. I enjoy this precious time with my baby.
39. I am empowered by all that motherhood brings.
40. I am proud of myself for the contribution of carrying, nurturing, and sustaining a life within me.
41. I birth with ease.
42. I choose to be relaxed and calm.