

BIRTH AFFIRMATION

Women all over the world
are birthing with me





People all over the world
are birthing with me

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I was created
to birth





My birth experience
is beautiful

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I trust my body
and accept what is happening





I love my baby
and my baby loves me

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I am prepared for any path
my birthing takes





I am remembering to breathe
and stay calm

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I breathe
deeply, calmly, slowly





I handle everything
with confidence and patience

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I am completely cooperating
with my body and baby





My birth is easy, peaceful,
joyous and pleasurable

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

My baby is born
with pleasure





I am ready and prepared
for my birth experience

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I am focused
on my calm and gentle birth





My baby will come
when my baby is ready

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

*I feel at peace
in my birthing time*





I surrender to birth
and the wisdom of my body

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I am prepared for the birth
my body and baby need





I welcome my baby
with confidence and excitement

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I can breathe
with this wave





Breathing in, I feel strong
Breathing out, I let go

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I am
everything my baby needs





*This is a beautiful, joyful,
amazing journey*

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I surrender
fully and completely





My breaths are long,
slow and relaxed

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I am in the right place
doing the right thing





All I have to do
is breathe

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I can handle
whatever comes





*Me and my baby
are safe*

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I am
supported





Each wave
brings my baby closer to me

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I find pleasure





I trust my body
to know what it's doing

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

The more relaxed I am,
the more I can open





I let
power and intensity
flow through me

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

My body
opens like a flower





I ride the waves
and stay focused
on my breath

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I am excited
to give birth
to my baby





My body knows what to do,
just as my baby knows
how to be born

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I keep breathing
slow and even





Birth happens
on it's own time

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

My body
is wise and powerful





I surrender
to the power of my body

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I can do this





I draw my strenght
from all the powerful people
who have birthed before me

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I am blessed
to carry this baby





I have everything I need
to create a beautiful birth
for me and my baby

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

Birth
is beautiful





Birth
is joyous

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

My birth partner
is by my side





I am SO connected
to life right now

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

It feels good
to birth



BIRTH AFFIRMATION

Birth
is pleasurable





I look forward
to giving birth

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

Relax... and open
Relax... and open
Relax... and open





I love
bringing life
into the world

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

Birth
is powerful





I trust my body
I trust birth

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

Amazing things
are happening





My body opens,
my mind quiets,
and my baby descends

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I am
birthing my baby
with pleasure





I am totally relaxed
and at ease

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I breathe, let go,
and see what happens





I believe in my power
to birth my baby

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

Today is a day
of happiness and peace





I am grounded
and centered

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I am grateful
for my beautiful life





I ride the waves
with consciousness and grace

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I am open to change





I have been blessed
with the gift
of a beautiful baby

BIRTH AFFIRMATION

www.beautifulbeginnings.nl



Each passing day
my love for my baby grows

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

My baby feels
safe and peaceful
in my womb





My body is
amazing and wise

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

As I carry and nurture my baby
I too am held and supported





I trust, love and thank
my body

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I send loving, calm thoughts
to each cell in my body





I am calm
I am peaceful
I am strong

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I choose to forgive
myself





I was born with the innate
intelligence to conceive, grow, birth,
nourish and nurture my baby

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

My baby and I
have natural
birthing instincts





Birth is a natural
occurrence for which my
body was designed

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I find beauty and joy
in my journey





I listen to my body
and my baby

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I am enough





I am proud
to be me

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

Birth is a sacred path
of discovery





I am at peace
with the unknowing
of where birth will take me

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

Everyday
I choose healing





*This journey
is my own
unique experience*

BIRTH AFFIRMATION

www.beautifulbeginnings.nl



I am gentle
with myself every day

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I am
a beautiful human being



BIRTH AFFIRMATION

Birth
transforms me





I am exactly
where I need to be
right now

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I take care of myself
and my pregnant body





I feel the strength
of all women
who have come before me

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

My body's innate wisdom
is guiding me





My baby was created in love
and is birthed in love

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

My body and baby
are working
in complete harmony





I calmly follow the path
this birth takes

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I breathe
my baby down





I am calm.
my baby is calm

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I surrender
to this experience



BIRTH AFFIRMATION

I feel
safe, secure and loved





All of the strenght I need
is inside me

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I can birth
calmly and confidently
wherever I am





I let my body and my baby
set the pace

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I trust
my intuition





Birth is amazing
no matter how it happens

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I trust my body to grow my baby
I trust my body to birth my baby



BIRTH AFFIRMATION

I focus
on my breath





*I have courage,
faith and patience*

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I believe in birth





I enjoy the birth
of my baby

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I welcome
each wave





My body opens
gently and slowly
all in perfect time

BIRTH AFFIRMATION

www.beautifulbeginnings.nl



My body knows
what my baby needs

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

Each wave
has a purpose



BIRTH AFFIRMATION

My body has
everything it needs
to birth my baby





I handle everything
beautifully

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I can hold
peace and discomfort
together with grace





Giving birth
is a natural normal
experience

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I get plenty of rest





I focus
on each breath
to find comfort

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

My baby will
be born at the
perfect time





I stay active and strong

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I believe I can
and so I will





My mind is at ease

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I know I can birth
this baby





My baby
is in a great position
for birth

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

My body
is beautifully
and wonderfully made





I know I will have
the perfect birth
for me

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I choose
nutritious foods





I am surrounded
by people who love
and respect me

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

My body is safe
my baby is safe





My body
is preparing
to breastfeed my baby

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I welcome my baby
with gratitude, joy
and love





I trust
the proces of birth

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I choose
to enjoy my birth





I am strong
I am able

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I envision
a peaceful birth





I am more powerful
than I know

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I see joy and beauty
in the birthing process





My job is to breathe.
Stay relaxed and let my body
birth this baby

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I am supported
and loved





I cherish my
partner

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I am grateful





I love and connect
with my baby

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

Each wave
brings me closer
to my baby





I can navigate
the unexpected
if need be

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

We are meant to be





Everything is going exactly
as it should

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I embrace the gift
of motherhood



BIRTH AFFIRMATION

I embrace the gift
of parenthood





I breathe in and out,
riding each wave

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

My baby is
healthy and well





I love
being pregnant

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I love and accept myself
completely





In the stillness
I find my strength

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

*I am prepared
and confident*





I walk
with the billions of mamas
who have birthed before me

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I stay present
and breathe deeply
into all that is





My body
was designed to do this

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

*I make peace
with my past*





I make the perfect decisions
for me and my baby

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

The intensity of birth
can't be stronger than me,
because it IS me





I am
my own best advocate

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I am calm
I am relaxed
I am safe





I embrace
the unknown

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I am prepared for the birth
that my body and baby need





*This is a beautiful,
joyful and amazing journey*

BIRTH AFFIRMATION

www.beautifulbeginnings.nl



*My baby and I
are a perfect team*

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I am peaceful,
relaxed and calm





My body is
designed for this

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

All I have to do
is breathe





I can handle
whatever comes

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

My body knows
exactly what to do





I am confident

I am safe

I am secure

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I trust that my body knows
exactly what's it's doing





I am powerful
I am loved

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

My body is relaxed





My job is to simply relax and
allow the birth to happen

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

Today
will be great





The more relaxed I am,
the more I can open up

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

My baby will be born healthy
and at the perfect time





Inhale calm
Exhale tension

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

Every wave
brings me closer
to my baby





My mind quiets
my body opens

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I let my body birth
my baby





My body is strong

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

Everything
is going well





I trust my instincts
to know what I need
for my labor

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

Birth happens
in it's own time





I feel good
I feel joy

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

My body is relaxed





I follow my instincts
and give birth
in the way I desire

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I have courage,
faith and patience





I am strong
I am steady
Everything I need
is within me

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I trust my body and
follow it's lead





I feel calm
I feel strong
Anytime... anywhere.

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I birth with ease





I am open
to the energy of birth

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I am the best
mother for my baby



BIRTH AFFIRMATION

I am the best
parent for my baby





| soften
| open
| release

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I am patient
with myself and my baby





My baby and I
are working together

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

My body
is full of life





*My body
is powerful*

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

My body
made me a mother



BIRTH AFFIRMATION

My body
made me a parent





My baby's size
is perfect for my body

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

I am brave

I am fierce

I can birth





I am prepared
to calmly meet whatever
path my birthing takes

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

*One breath
at a time*





I embrace
the choices I make

BIRTH AFFIRMATION

www.beautifulbeginnings.nl



I am surrounded
by LOVE

BIRTH AFFIRMATION

www.beautifulbeginnings.nl

BIRTH AFFIRMATION

*I am ready
to meet my baby*

