

I'M GOING
THROUGH THE
BIGGEST ACT
OF LOVE



I AM CONFIDENT
AND PRESENT



I SURRENDER
TO THE
PROCESS



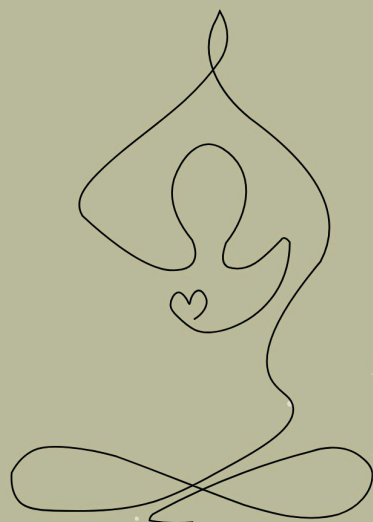
I AM EXACTLY
WHERE I NEED
TO BE





I KNOW WHAT'S
BEST FOR ME
AND MY BABY

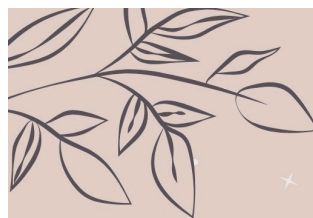
I AM STRONG



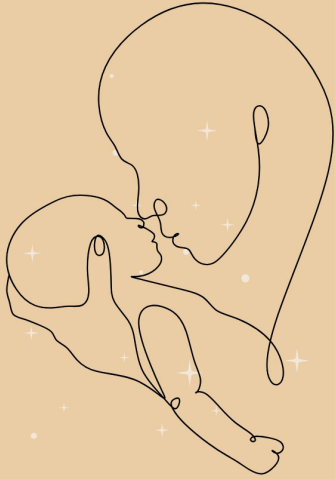
I AM BEAUTIFUL
INSIDE AND OUT



I WELCOME ALL
BIRTH
SENSATIONS
WITH LOVE AND
ACCEPTANCE



MY BABY WILL
COME AT A
PERFECT TIME



MY BABY IS
HEALTHY AND
STRONG



I TRUST MYSELF
AND PEOPLE
AROUND ME

EACH SURGE
BRINGS ME
CLOSER TO MY
BABY



I WILL BREATHE
MY BABY OUT
WITH EASE AND
PEACE

I CAN DO
ANYTHING FOR
60 SECONDS

MY BODY IS
OPENING LIKE
A FLOWER

MY MIND AND
BODY ARE
RELAXED AND
CALM

MY BABY IS IN
A PERFECT
POSITION FOR
BIRTH



MY BODY AND
MY BABY ARE
WORKING
TOGETHER



I AM STRONG
AND FULLY
CAPABLE



MY BODY
KNOWS
EXACTLY
WHAT TO DO

