

[M]OTHERBOARD RESOURCES

# PREGNANCY AND BIRTH AFFIRMATIONS



[m]otherboard  
birth preferences made simple



# PREGNANCY AND BIRTH AFFIRMATIONS

Research proves that positive thinking can cultivate positive experiences and resilience. Take these birth affirmations and put them up all over your home: your mirror, to your car door, your desk at work, wherever you look!

## AFFIRMATIONS

I am strong enough.

I choose people  
around me that support  
me and lift me up.

I trust that I can meet  
any challenges that  
come my way.

I am connected and  
bonded to my baby.

Peace surrounds me.

My body and my  
baby are healthy and  
strong.

I am gathering my  
resources in  
preparation to meet  
my baby.

I take in only what is  
beneficial to me and  
my baby.

I am confidently  
moving towards the  
birth of my baby.

I understand that  
change is inevitable  
and I welcome it.

Creative energy  
surges through my  
body, my life, and my  
womb.

My fears of tomorrow  
are melting away.

My baby and I are  
one.

I have what it takes to  
become an amazing  
parent. What I don't  
know right away I will  
learn.

I trust all will unfold  
the way it is meant to  
be.

I am worthy of this  
pregnancy, this baby,  
and a beautiful birth.

My baby and I are  
working together  
towards this birth.

Every surge brings my  
baby closer.

I am connected to  
everyone in the world,  
birthing at this exact  
moment.

I breathe space into  
every place that holds  
tension.

My body was made to  
do this.



I will surround myself  
with people who will  
calmly love and  
support me through  
this process

I am ready to  
conceive this baby.

I will set my worries  
aside and let my body  
do it's job.

I will know when it's  
time for my baby to be  
born.

I am relaxed and  
confident.

I will educate myself  
and listen to my heart  
for what is best.

My baby is growing  
and thriving.

My baby knows the  
perfect time to be  
born.

My baby knows just  
how to be born.

I stretch and move my  
body each day. I give  
my baby every  
opportunity to be in a  
good position.

I am ready to meet my  
baby.

My baby knows how  
and when to be born.



I will know what I need  
to do and will  
communicate my  
needs clearly.

My uterus is lush and  
ready for new life.

I will practice self-care  
as I grow this  
little one.

I will take a minute  
each day to breathe  
and center my body  
around my growing  
baby.

I give my body what  
it needs to grow this  
baby.

I am strong.

I will educate myself  
about this process.

I nourish my body and  
my baby to the best of  
my ability.

I will do my best to  
rest when I am tired.

I will gather people  
around me that will  
support me.

I am learning more  
about myself and my  
baby day by day.

I breathe out tension.  
I breathe in peace.

