

# TUCSON DOULAS

## Pregnancy Affirmations

### MY BODY

I set my fears aside and allow my body to do its job.

My body is not broken.

I am choosing to trust my body.

I will listen to my body.

I choose to feel beautiful, vibrant and healthy.

My body is capable to grow and birth my baby.

### MY BABY

This baby growing inside of me is healthy and strong.

My baby's size is perfect for my body.

I will meet my baby soon.

My baby will come when s/he is ready.

My baby is in the perfect position for birth.

When I feel my baby move, I am reminded of our connection.



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### MY BIRTH

I look forward to my baby's birth with optimism and a sense of adventure.

My body will open easily and naturally.

I will trust my instincts.

I am excited to give birth to my baby.

My baby will be born as s/he is meant to be.

I am prepared for whatever birth my body or baby may need.

### MY RECOVERY

I accept the responsibilities of motherhood and will embrace each new day.

When I feel overwhelmed I will ask for help.

I accept the changes in my post baby body.

I am patient with myself and my baby.

My courage is stronger than my fear.

My confidence as a mother grows stronger every day.



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