

Birth Affirmations

- My body is strong and capable of giving birth.
- I trust in my body's ability to birth my baby
- Each contraction brings me closer to meeting my baby
- I am surrounded by love and support during this birth
- I am calm and relaxed, allowing my body to do its job
- My baby knows the perfect time for their birth
- My breath is powerful and helps me through each wave of contractions
- My mind is focused on the positive outcome of this birth
- I have faith in my ability to birth my baby
- Every sensation has a purpose and brings me closer to holding my baby
- I am grateful for the opportunity to birth my baby
- My body is working in perfect harmony with my baby
- I am connected to the wisdom and strength of women who have birthed before me
- I am creating a peaceful and welcoming environment for my baby's birth
- My birth team is here to support me and advocate for me
- I am birthing my baby in safety and comfort

- With every breath, I affirm my trust in myself and my baby
- My body is beautifully designed to birth my baby
- I release any fear or anxiety surrounding my baby's birth
- I embrace the journey of birthing my baby
- I am proud of myself for choosing to birth my baby naturally
- My baby and I are surrounded by positive energy and love
- I am in control of my birth experience and make informed decisions
- I trust my intuition and body to guide me through this birth
- My baby's birth is a natural and beautiful process
- My birth plan is honored and respected
- My baby and I are safe and secure during birth
- I am surrounded by people who believe in my ability to birth my baby
- I am prepared and ready for this birth
- My baby's birth is a celebration of love and new beginnings
- I am empowered by my ability to birth my baby
- My baby's birth is a sacred experience that will be remembered for a lifetime
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