

## Pregnancy Affirmations

- My body is beautiful.
- My body is strong and full of energy.
- I'm grateful for being able to grow a life inside of me.
- I have faith in my body.
- I am becoming radiant every day more.
- I take good care of myself during pregnancy.
- My baby is developing at a healthy pace.
- I let go of negativity and allow positive things in my life.
- My baby is safe and sound in my body.
- I make the best choice for myself and my baby.
- My body knows how to care for my baby.
- I prepare myself to be a loving mom.
- I am enjoying my pregnancy.
- I choose to appreciate every moment of my pregnancy.
- I'm becoming ready for parenthood every day more.
- I accept and embrace the changes my body makes.
- I can handle whatever comes my way.
- I accept my emotions and allow them to pass.
- I am capable of taking care of myself and my baby.
- I am grateful for the support of my loved ones.
- It feels good to take care of myself.
- My baby is safe and loved.
- I love myself and my body.
- I feel the love of those around me.
- I trust my body.
- I eat healthy, nourishing foods.

- I know what is best for me and my baby.
- I am resilient.
- My body is doing what it needs to for my baby.
- My partner and I are a great team.
- My body knows how to grow and nourish this baby.
- My baby is healthy and growing perfectly.
- I am grateful for this opportunity to bring a new life into the world.
- I am creating a safe and nurturing environment for my baby.
- I am at peace with the journey of pregnancy.
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## Giving Birth Affirmations

- I give birth easily.
- I am strong.
- I trust my body.
- I grew my baby. I can birth my baby.
- I trust my labor.
- My body knows how to birth my baby.
- I love and accept my body completely.
- I breathe deeply and let go of tension.
- With every breath I take I become more relaxed.
- My body knows how and when to give birth.
- I welcome my baby with love.
- I hold my baby with joy and love.
- I trust my medical team's care.
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## Newborn Parenting Affirmations

- I am a loving mother.
- I am good enough.
- I love my baby unconditionally.
- I trust my instincts to do what is best for my baby.
- What I have to give is good enough.
- My life is in perfect balance.
- My baby is safe and secure.
- I graciously accept the help and support of my loved ones.
- I am doing the best I can.
- I trust my instincts as a parent.
- I am providing a safe and nurturing environment for my baby.
- My baby feels loved and secure.
- I am patient and calm with my baby.
- I am grateful for this precious time with my baby.
- My baby is a blessing and a joy.
- I am learning and growing as a parent every day.
- I am confident in my ability to care for my baby.
- I am creating a strong bond with my baby.
- I am attentive to my baby's needs.
- My baby trusts and relies on me.
- I adjust to my baby's changing needs.
- I take care of myself so that I can better care for my baby.
- I am patient with myself as I learn to be a parent.
- I am open to learning and trying new things as a parent.
- I am capable of handling anything that comes my way.
- I am doing my best and that is all that matters.

- I am a strong and loving parent.
- I make time for myself every day.
- I am grateful for the gift of motherhood, and I am ready for this new chapter in my life.

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