

WOMEN'S INTEGRATIVE HEALTH

Affirmations For Pregnancy and Birth



Welcome!

We are so happy you are here. We hope you enjoy using these affirmations and that they offer some comfort and joy to your pregnancy and birthing experience.

You can use the affirmations in the order they are written; or randomly choose one; or search for one that you may be needing support for. There is a page following each group of affirmations for recording your feelings and how the affirmation was of help.

You can print the ebook or the pages are fillable as is.

Let us know if we can offer you support in anyway.



You've Got This!

AFFIRMATION #1

My baby is strong and healthy



AFFIRMATION #2

**My cervix is firm and strong to hold
my baby safe**



AFFIRMATION #3

There is no need for us to hurry



NOTES

AFFIRMATION #1

AFFIRMATION #2

AFFIRMATION #3

You've Got This!

AFFIRMATION #4

My spine stretches gracefully to the sky



AFFIRMATION #5

I am strong and calm and beautiful



AFFIRMATION #6

My body knows exactly what to do



NOTES

AFFIRMATION #4

AFFIRMATION #5

AFFIRMATION #6

You've Got This!

AFFIRMATION #7

I am open to the energy of birth



AFFIRMATION #8

I ask for and receive what I need



AFFIRMATION #9

I embrace the wisdom of my body



NOTES

AFFIRMATION #7

AFFIRMATION #8

AFFIRMATION #9

You've Got This!



AFFIRMATION #10

I trust my body

AFFIRMATION #11

I ask for help when help is needed



AFFIRMATION #12

I trust my knowing of what is true for me



NOTES

AFFIRMATION #10

AFFIRMATION #11

AFFIRMATION #12

You've Got This!



AFFIRMATION #13

I experience only one contraction at a time

AFFIRMATION #14

I am whole and at peace



AFFIRMATION #15

My baby likes to sing and dance with me



NOTES

AFFIRMATION #13

AFFIRMATION #14

AFFIRMATION #15

You've Got This!



AFFIRMATION #16

I have everything I need

AFFIRMATION #17

I am patient and composed



AFFIRMATION #18

**Untapped sources of strength are
available to me**



NOTES

AFFIRMATION #16

AFFIRMATION #17

AFFIRMATION #18

You've Got This!



AFFIRMATION #19

There is no need to experience my last labor and birth

AFFIRMATION #20

I am an active and powerful laboring woman



AFFIRMATION #21

My body is my friend



NOTES

AFFIRMATION #19

AFFIRMATION #20

AFFIRMATION #21

You've Got This!



AFFIRMATION #22

My partner and I are wonderful spirited parents

AFFIRMATION #23

I attract generosity and support from others



AFFIRMATION #24

My financial needs are abundantly fulfilled



NOTES

AFFIRMATION #22

AFFIRMATION #23

AFFIRMATION #24

You've Got This!



AFFIRMATION #25

I desire foods that nourish me and support my health

AFFIRMATION #26

I am willing to release my baby into the world



AFFIRMATION #27

I deserve to be treated like a goddess



NOTES

AFFIRMATION #25

AFFIRMATION #26

AFFIRMATION #27

You've Got This!



AFFIRMATION #28

I am a mother already

AFFIRMATION #29

I am precious and powerful



AFFIRMATION #30

I choose a gentle and natural birth



NOTES

AFFIRMATION #28

AFFIRMATION #29

AFFIRMATION #30

You've Got This!



AFFIRMATION #31

My baby will be born at the perfect moment

AFFIRMATION #32

My body is wise and purposeful



AFFIRMATION #33

I trust my intuition

NOTES

AFFIRMATION #31

AFFIRMATION #32

AFFIRMATION #33

Congratulations!

Which affirmations did you feel the most supported by?

For more support, join our Women's Health Facebook group -

<https://www.facebook.com/groups/womenshealthgoals>

You can find more downloads for pregnancy, birth and postpartum on our website at:

<https://womensintegrativehealthny.com>



Let's stay in touch

Find more support and resources here:

www.womensintegrativehealthny.com

The Essential Doula

Holistic Birth Services

