



*I'm excited to
meet my baby*



*I know how to breathe
and relax*



I AM STRONG
AND CAPABLE

I am brave

I can do anything for *60 seconds*





DAILY REMINDER

I CAN

DO THIS



The background features abstract watercolor washes in various shades of blue, from deep navy to light sky blue, set against a white base. The washes are soft and blended, with some darker, more saturated areas in the corners and lighter, misty areas in the center.

I am in harmony with
my body and my baby



I am taken care of



I want a pure birth



I TRUST MY INSTINCTS

I am patient in
this beautiful
process



A large, irregular watercolor splash in various shades of green and teal, centered on a white background. The splash has soft, blended edges and contains several small, darker green dots scattered throughout.

I love my body

The background features soft, watercolor-style washes in shades of pink, light red, and pale peach, creating a gentle and supportive atmosphere. The text "I am supported" is centered in the middle of the page. "I am" is written in a clean, black, sans-serif font, while "supported" is written in a fluid, black, cursive script. A small, solid red dot is positioned above the letter 'o' in "supported".

I am supported

The background features abstract watercolor washes in various shades of blue and white. The top left corner has a dark blue wash, while the bottom right corner has a lighter blue wash. The central area is mostly white with some light blue speckling and faint, wispy patterns.

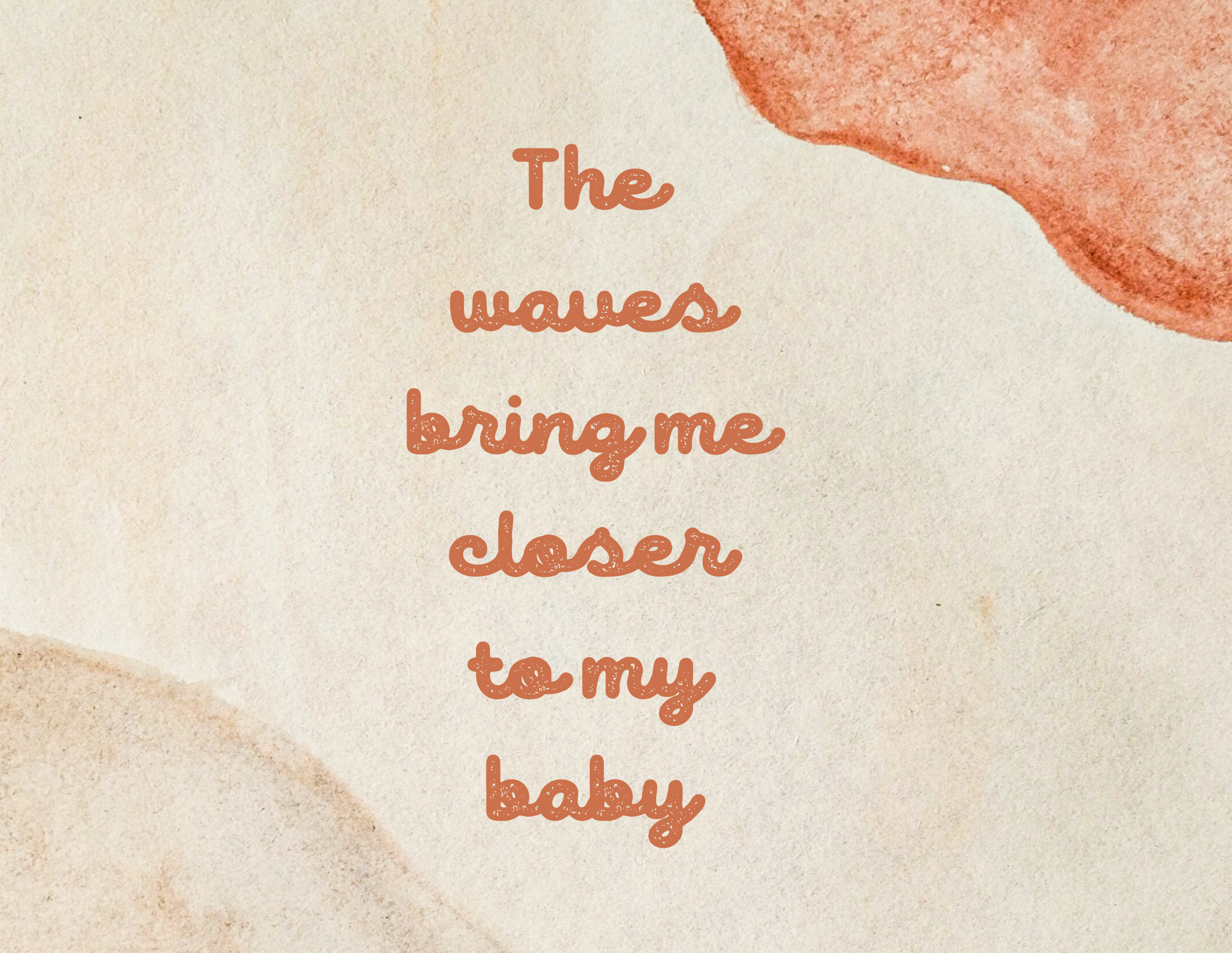
I am visualizing
the birth I desire

I am

calm and controlled



I AM
absolutely
CONFIDENT




The
waves
bring me
closer
to my
baby

I feel safe and secure



I am positive



I am strong and resilient

I will ask

FOR WHAT I NEED



EACH WAVE HAS A
PURPOSE

The background features soft, watercolor-style washes in shades of pink and red, with some darker, more saturated areas that resemble the petals of a flower. The overall effect is gentle and soothing.

I am safe and *my baby is safe*

I am
loved



*I accept myself fully
and completely*



I feel empowered




I soften
I open
I release





I am proud of myself
for doing this



My birth vision is positive and
curious

The ability to give birth is a gift

I am

surrounded by

love



*I allow my baby to feel my
love, even though this is
difficult to do*



my body achieves what

my mind believes

I let go and I
am present





DAILY REMINDER

I AM ENOUGH



I create my life and birth

I G R A C E F U L L Y
S U R R E N D E R T O
W H A T I S A N D L E T
L O V E H E A L M E




Even though it's hard

I will do this



my birth is full of possibilities



I created life

I trust that I have all the
talents, skills, and abilities

that I need to birth my baby