

*I am in complete
control of this
situation.*

*I am a strong,
capable woman.*

I can do this!

*Relax
&
let baby move
down.*

*I can do this
because
I AM doing this.*

*Relax my mind,
relax my body,
my baby descends.*

*My body & my baby
are working
together.*

*Breathe.
Low & slow.
Breathe.*

*I am calm,
I am relaxed,
I am in control.*

*The journey is tough,
but
the reward is worth it.*

*Inhale calm,
Exhale worry*

*I feel safe,
I feel secure,
I feel loved.*

*I release my
mind
&
trust my body.*

*My body is amazing!
I trust it to deliver
my baby.*

*I love & trust my
partner to support
me through this.*

*Inhale confidence,
Exhale fear*