



# **POSITIVE AFFIRMATION CARDS**

For pregnancy and birth

[www.mindandbodybirthing.com](http://www.mindandbodybirthing.com)



**MY BABY  
KNOWS WHEN  
AND HOW TO  
BE BORN**

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**MY SURGES  
CANNOT BE  
STRONGER THAN  
ME BECAUSE THEY  
ARE ME**

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**EVERY SURGE  
BRINGS ME  
CLOSER TO MY  
BABY**

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**MY BODY  
WAS MADE TO  
BIRTH MY  
BABY**

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**BREATHE**  
**RELEASE**  
**LET GO**

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**I CAN DO  
ANYTHING  
FOR A  
MINUTE**

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**MY BABY  
WILL COME  
WHEN MY  
BABY IS  
READY**

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**MY MIND IS  
CALM, MY  
BODY IS  
RELAXED**

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**RELAXING  
MY MIND  
RELAXES MY  
BODY**

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**BIRTH IS  
SAFE FOR ME  
AND MY  
BABY**

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**I AM  
PREPARED FOR  
WHATEVER  
TURN MY  
BIRTHING  
TAKES**

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**BIRTH IS  
POWERFUL  
AND SO AM I**

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**MY BABY IS  
THE PERFECT  
SIZE FOR MY  
BODY**

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**I LOVE AND  
RESPECT MY  
PREGNANT  
BODY**

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**ALL THE  
STRENGTH I  
NEED IS  
WITHIN ME**

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**MY BABY'S  
BIRTH WILL  
BE BEAUTIFUL**

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# **BABY KNOWS BEST**

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**I LOOK  
FORWARD TO BIRTH  
AS A WONDERFUL  
AND EMPOWERING  
EXPERIENCE**

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**I SERENELY  
ACCEPT MY  
BIRTHING AS  
RIGHT FOR ME  
AND MY BABY**

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**HOWEVER  
MY BABY IS  
BORN WILL  
BE RIGHT**

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**I FEEL POSITIVE  
AND CALM,  
WHATEVER  
FORM MY  
BIRTHING TAKES**

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**I RELAX MORE  
AND MORE  
DEEPLY AS MY  
LABOUR  
ADVANCES**

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**I FEEL CALM,  
RELAXED  
AND AT EASE**

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**MY PARTNER  
IS BY MY  
SIDE AND ON  
MY SIDE**

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**My baby  
is born  
healthy, alert  
and calm**

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**I WELCOME MY  
BABY WITH  
LOVE AND  
DELIGHT**

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