



## **AFFIRMATIONS FOR EXPECTANT MOTHERS**

My Connection to my baby is solid, and it grows stronger everyday.

I will experience a swift and easy birth.

I release any thought that's holding me back from birthing my baby.

I have all it takes to be a great mother to my baby.

My baby is blessed.

My baby is welcome in my world

Fear has no place in my heart during this pregnancy

My baby and I are healthy and strong!

I honor the changes that have occurred in my body

This life that I have created will not be cut short.

My baby will arrive in due time and in grand style.