

# Birth Affirmations

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## **TO STRENGTHEN & NURTURE YOUR MAMA MIND, BODY & SOUL**

- She believed she could so she did
- Do not fear, I am with you & will strengthen you
- My body & baby are healthy & strong
- I am surrounded by love, I am safe & supported
- I am fearfully & wonderfully made
- I am clothed in strength & dignity
- Relax & breathe baby down
- I can & I will do this
- Hope in the Lord, renew your strength
- Be strong & courageous
- I am strong, I am able
- I breathe in peace, I breathe out tension
- My body & baby are working in harmony
- I am not afraid, my body was made for this
- God's joy, hope, & peace fill my mind & body
- Every surge brings my baby closer to me
- I trust God, my body, my baby & my instincts
- Relax, slow down, calm down & trust
- I can do all things through Christ who strengthens me
- My birth will be healthy, joyful & serene