



I let my body
and my baby
set the pace.

Prenate



I quiet my mind
and let my body
give birth.

Prenate



I feel confident.
I feel safe.
I feel secure.

Prenate



I relax and
my baby relaxes
with me.

Prenate



My baby
will fit.

Prenate



I look forward
to giving birth.

Prenate



I trust my
instincts.

Prenate



I am prepared
to meet whatever
turn my birthing
plan takes.

Prenate



I can't stop the
waves, but I can
learn to surf.

Prenate



With each
deep breath,
I feel better
and better.

Prenate



I am a force to be
reckoned with.

Prenate



Bring. It. On!

Prenate