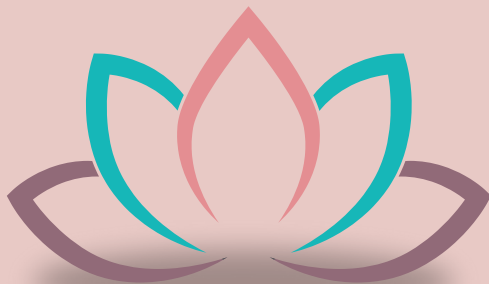


AND EXHALE

Affirmations



*My breathing
is calm and my
muscles are
relaxed.*



I am strong.



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*I breathe up
slowly and fully
with each
surge.*



*There is no force
equal to that of
a determined
woman.*



*I trust my
body and my
baby.*



*My surges cannot
be stronger than
me because they
are me.*



*My baby is
the perfect
size for my
body.*



*I trust my birth
partner to create
the safe space I
need to relax and
go within.*



*I can do
this.*



Relax
Breathe
Open



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*My pregnant
body looks
beautiful.*



*I trust my
body and I
follow its lead.*



*Birth is
safe.*



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*I choose
calmness and
positivity.*



*I make informed
decisions that
feel right for me
and my baby.*



*My birth
partner is by
my side and
on my side.*



*I embrace the
power of
birth.*



*Relaxing my
mind relaxes
my muscles.*



*I feel calm
and
connected.*



*I visualise the
calm and
empowering
birth I want.*



*I embrace and
welcome the
best birth for
me.*



*I Release fear
allowing my body
to labour calmly
and birth gently.*



*I am a strong
and capable
woman.*



*An amazing
mother lives
with in me.*



*I take control
of what I can
and let go of
what I can't.*



*I trust my
body and
follow its
lead.*



*I enjoy the
sensations of
birth.*



*I believe I
can so I
will.*



*I believe
in myself.*



*I am going to
have a
wonderful
birth.*



*My body
is
amazing.*



*I love and
approve of
myself and my
choices.*



*I prepare for
the birth I
want.*



*I am
completely
comfortable
and relaxed.*



*I trust myself
and my inner
wisdom.*



*I feel
enlightened
and
empowered.*



*I am not
afraid to ask
questions.*



*My body is
healthy and
strong.*



*I am a day
closer to
holding my
baby.*



*I surround myself
with people who
support my
choices.*



*My body
slowly softens
and opens.*



*I embrace the
changes that
pregnancy
brings.*



*I release fear
and trust in
birth.*



*Through my
practice I
connect with
my body.*



*I am a
beautiful
pregnant
woman.*



*All is calm
All is well
I am safe*



*I am ready
for labour to
begin.*



*The more I learn
about birth the
more I trust the
process.*



*I am completely,
deeply,
wonderfully
relaxed.*

