



I AM A  
*Strong Woman*



Intensity will bring my  
baby to me



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*Embrace*

THE CHANGES IN MY  
BODY



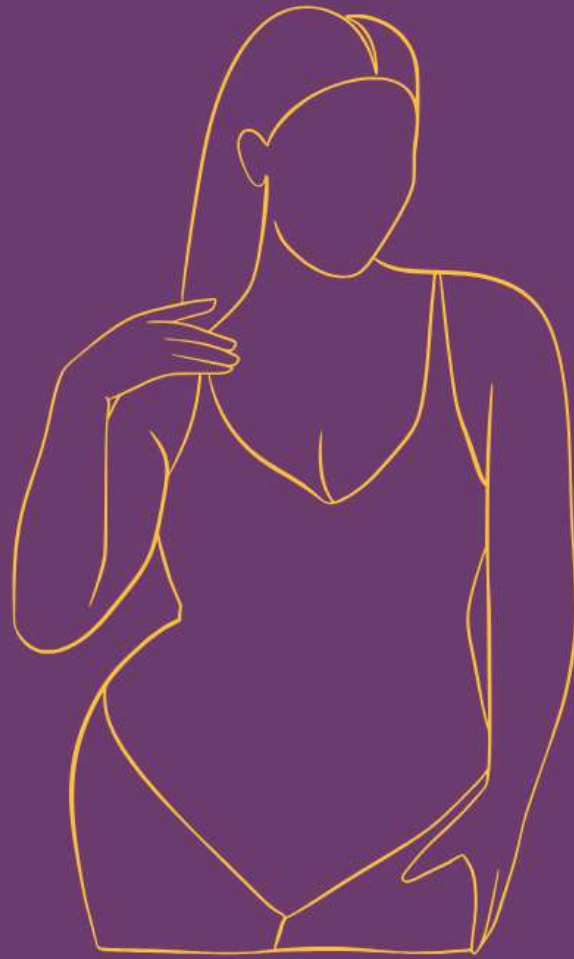
*I am Calm &  
Safe*



*My body*



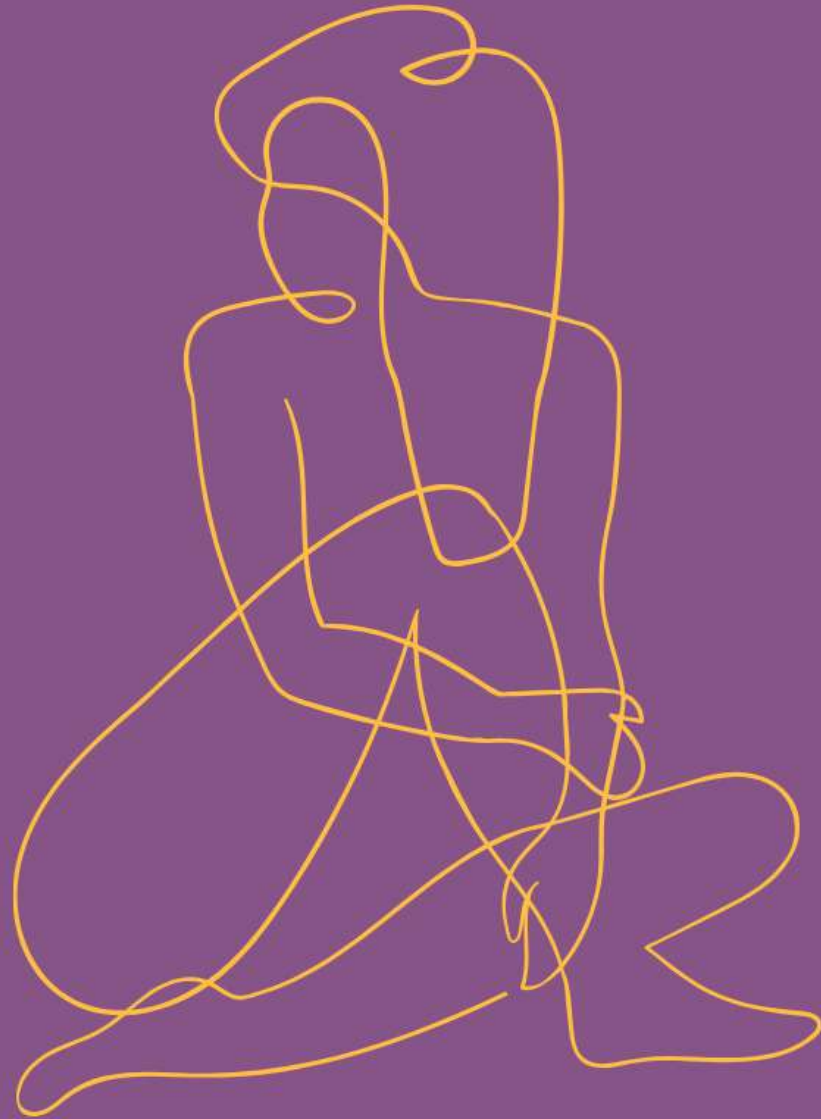
Is Strong and Capable



Soften and  
Release

I ACCEPT THIS  
DISCOMFORT TO  
WELCOME MY  
BABY





*Birth is natural and normal*



My body is  
wise and I will  
follow its  
instincts



My body was created to  
birth my baby safely





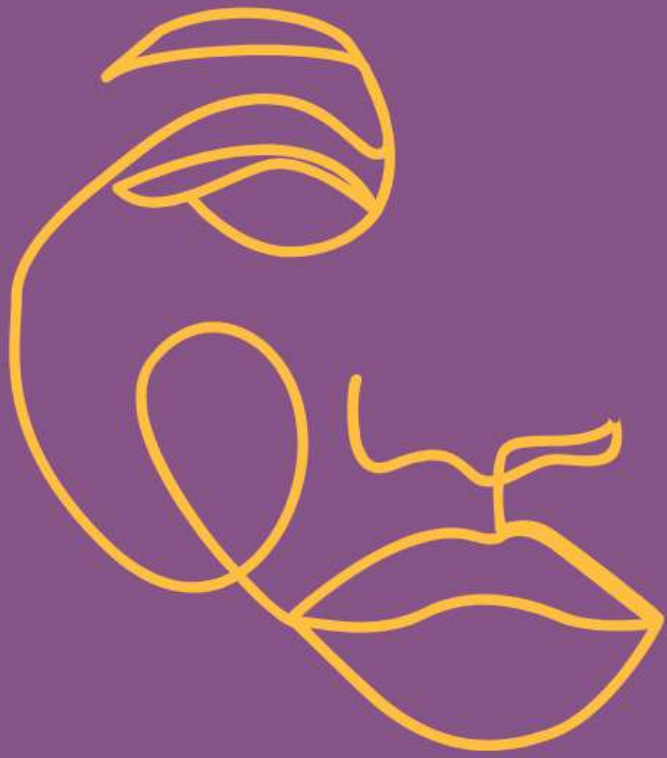
I will allow my  
body to rest

In through my nose

And

Out through my mouth





**I CAN DO HARD THINGS**



*I will trust my body*