



My baby's
size is
perfect
for my body




A teal-colored circular graphic is centered on the page. It is surrounded by stylized, light teal floral and leafy branches that curve around the top and bottom edges of the circle. The text "I trust my intuition" is written in white inside the circle. "I trust" is in a simple sans-serif font, "my" is in a smaller sans-serif font, and "intuition" is in a larger, elegant script font.


I trust
my
intuition

I am relaxed and
happy
that my baby is
finally coming
to me





My mind is
relaxed,
my body is
relaxed





I feel *confident*

I feel *safe*

I feel *secure*



A teal-colored circular graphic is centered on the page. It is surrounded by delicate, light teal floral flourishes consisting of thin stems and small leaves, extending from the top-left and bottom-right corners. Inside the circle, the text "Soften", "Open", and "Release" is written in white. "Soften" and "Open" are in a clean, sans-serif font, while "Release" is in a cursive script font.

Soften
Open
Release

My mind
quiets, my
body opens,
my baby
descends





My cervix
opens
easily





I am totally
relaxed
and
at ease



The background features a central, light-colored spiral that winds inward. Surrounding the spiral are several light brown, teardrop-shaped motifs and small circles, resembling stylized flowers or leaves. The overall aesthetic is clean and organic.

I feel a
natural
anesthesia
flowing
through my
body



I am
prepared to
meet
whatever
turn my
birthing
takes



I see my
breath
filling a
magnificent
balloon

A teal-colored circular graphic is centered on a white background. The circle is surrounded by stylized, light teal floral and leafy flourishes that appear to be growing from the top and bottom edges of the circle. Inside the circle, the text "I trust my body" is written in white. "I trust" is in a clean, sans-serif font, "my" is in a smaller sans-serif font, and "body" is in a larger, elegant script font.

I trust
my
body

Each surge
brings my
baby
closer
to me





Inhale...

...*exhale*





My body
remains *still*
and *limp*



A teal-colored circular graphic is centered on the page. It is surrounded by stylized, light teal floral and leaf motifs that appear to be growing out of the top and bottom edges of the circle. The text "I am strong" is written in white inside the circle. "I am" is in a simple, clean sans-serif font, while "strong" is in a more elegant, cursive script font.

I am
strong

I put
all *fear*
aside





My baby and
I are working
together



The background features a central, light-colored spiral that winds inward. Above and below the spiral are teardrop-shaped elements, one pointing up and one pointing down, both in a light, muted color. The text is centered and rendered in a teal color. The word 'exactly' is written in a cursive font, while the other words are in a clean, sans-serif font.

My body
and my
baby know
exactly
what to do



I am ready
to meet
my baby



A teal-colored circular graphic is centered on a white background. The circle is surrounded by stylized, light teal floral and leaf-like flourishes that extend outwards from the top and bottom edges. Inside the circle, the text "I am brave" is written in white. "I am" is in a simple, clean sans-serif font, while "brave" is in a more elegant, cursive script font.

I am
brave

I *love*
my
baby





My baby
is *coming*





I am
patient
with
myself and
my baby



I am
surrounded
by *love*



A teal-colored circular graphic with a white border, featuring stylized floral flourishes in the top-left and bottom-right corners. The text "I am powerful" is centered within the circle.

I am
powerful

I go deeper

within





We are
safe





Breathe



baby

down

