



**My body knows  
exactly  
what to do.**



**Grateful**



**Affirmations**

- ☒ **My body is capable and strong.**
- ☒ **I am ready to welcome a new life.**
- ☐
- ☐

**MY VISION BOARD**



**Mom Life**

**A great  
adventure is  
about to begin!**

**Love**



**Goals**

**To experience a  
calm and  
peaceful birth.**

