

TBU AFFIRMATIONS

I have everything it takes to birth my baby
my body is capable and strong
I am enough my body is enough
just breathe
yes I can totally fucking do this
I feel extraordinary strong and capable
I breathe in strength and breathe out tension
amazing things are happening
I am not afraid I was born to do this
I am patient with myself and my baby
good strong surges help my baby come into this world
relax, breathe, open
calmly and without fear I trust in my body to birth my baby
birth is normal and natural
I believe I can and I will
I birth my baby with waves, each one rolling into the next, Bringing my Baby closer to shore,
closer to me
my body and baby are healthy and strong
I set my worries aside and I allow my body to do its job
our baby was created in love it will be birthed in love
i am strong enough
Today is the most beautiful day of my pregnancy
I feel safe, I feel calm, I feel strong
I soften I open I release
I believe in my power to birth my baby
my courage is stronger than my fear
breathing in I feel strong breathing out I let go
people all over the world are birthing with me
the body achieves what the mind believes
soft jaw, soft hands, breathe
breathe in breathe out, one wave at a time
I am ready to meet my baby
I love and respect my pregnant body
I trust my body because it's fucking awesome
tons of bad ass bitches are birthing with me all over the world right now
I am a bad ass and I've fucking got this
I find my happy place and go with the fucking flow
I never give up on myself I know what I'm fucking capable of
I ride the fucking waves and stay focused on my breath
my heart is big and bold and full of fucking love
I quiet my mind and let my body give birth
each wave has a purpose
my body was designed to do this
my body knows how to have this baby just as my body knew how to grow this baby
birth is the ultimate act of love
I am proud of myself however birth goes
I am prepared for whatever birth my body and my baby need
I will have a positive birth experience

I believe I can and I will
I am calm confident safe and grounded
this is the role I was born to play
I've handled pregnancy I can handle birth
one wave at a time and at the end I meet my baby
My baby gives me the strength to do anything
I trust my instincts
I am overflowing with oxytocin
I am a force to be reckoned with
My baby will fit perfectly
I am making informed decisions
I fill my body and mind with good stuff
I am becoming informed and prepared
I am worthy of this baby, this pregnancy and a beautiful birth
I am doing the best I can with what I know
I am flexible and open to change
I will meet my baby soon
I am choosing love not fear
This baby growing inside me is full of life and will live a beautiful one
I am a link in the endless chain of birthing people
I trust my body and work with me baby
My baby is the perfect size for my body
My body opens gently and slowly, all in perfect time
My baby knows the right time to be born
These surges cannot be stronger than me because they are me
My body will stretch to birth my baby
I will give this birth everything I have and hold nothing back
I believe in birth
I believe in me