

PREGNANCY &
BIRTHING AFFIRMATIONS



I HARNESS THE
POWER OF THOUSANDS
OF MAMAS BEFORE ME.
I'M BUILT TO DO THIS.



JOYOUSHEALTH.COM

live your most joyous life

PREGNANCY &
BIRTHING AFFIRMATIONS



I'M IN COMPLETE
HARMONY
WITH MY BABY
AND MY BODY.

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I BIRTH WITH
COMPLETE
EASE & JOY.

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MY BODY
KNOWS
= EXACTLY =
WHAT TO DO.

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I BREATHE
FULLY AND
FREELY.



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