

**I INHALE**  
PEACE and  
**EXHALE**  
**TENSION**  
IN MY BODY

 Life Events

*I am* **BRAVE**  
*I can*  
**Do This!**

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I will  
**RELAX**  
and *Let Go*  
**OF MY FEARS**

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**MY BABY** and **I**  
are a *perfect*  
**TEAM**  
We will get through this  
**TOGETHER**

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**I AM**  
DESERVING OF AN  
EASY AND UNCOMPLICATED  
**BIRTH**

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**I AM READY**  
to  
*finally*  
**MEET MY**  
**BABY**

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## Printable Positive Affirmations

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