

I see my  
partner  
as strong and  
capable



I am supporting my  
partner through  
pregnancy, birth,  
and parenthood

I am making good  
choices for a  
healthy and  
happy birth



My partner and I  
are working  
harmoniously to  
birth our baby



We are grateful  
for this powerful  
experience we are  
sharing with our  
baby



I embody positive  
energy as I prepare  
for the birth of our  
baby



I am fearless and  
focused on  
welcoming a new  
life into our family

I am listening to my  
partner and our  
baby



I am  
overflowing with  
love for my partner  
and our baby



We can do this.  
We will do this.  
We are doing this



I will provide  
comfort, safety,  
peace to my  
partner and baby

When labor begins  
I will set my  
worries and fears  
aside



I will bring an  
open mind, strong  
hands, and a heart  
full of love on our  
birth journey



Today I will  
finally meet my  
baby



My job to protect  
and watch over our  
birthing space

I am fully engaged  
and present in each  
moment



My family is safe  
and secure at all  
times



I will encourage my  
partners confidence  
and intuition



I will be a calm  
and effective  
birthing partner

I will make time  
each day to care  
for myself and  
my family



I will create a  
calm space full of  
love and security



I will be positive  
and optimistic  
throughout our  
birthing journey

I am happy and  
joyful as I prepare  
to welcome a new  
life into our family



I am invigorated  
and energized by  
the strength of my  
partner



I know how to  
support my  
partner and baby  
through labor  
and birth

I will be patient  
and calm  
throughout labor  
and birth



I am  
knowledgeable,  
strong,  
compassionate,  
and competent

I have everything I  
need to create a  
tranquil and serene  
birthing space







Birth is  
normal,  
natural,  
healthy  
and safe

I am ready. I am  
strong. I am  
prepared. I am  
capable. I am  
compassionate. I am  
a parent

I will have no fear  
when our birthing  
journey begins



I will approach  
any difficulties  
with strength,  
courage and  
empathy





*I have an endless  
supply of energy,  
love, and empathy*



*I know our birth  
will unfold exactly  
as it should*

*I am fully present  
in each moment*



*I breathe in  
relaxation and  
breathe out stress*

