



10 STEPS IN FINDING JOY In Pregnancy

Take a moment to
BREATHE.

VISUALIZE the
outcome you want

DON'T BE AFRAID
to bond with your
baby.

LISTEN & FEEL for
your baby involve
your partner.

Have FAITH and
meditate.

Write down your
gratitude for
pregnancy.

Take some time
each day to
RELAX

GIVE YOURSELF
PERMISSION TO
ENJOY!

