



Positive  
Birth  
Affirmation  
Cards



A pink heart with a textured, slightly irregular border is centered on a solid black background. The heart is filled with a uniform pink color.

I will meet  
my baby  
soon

A gold heart with a textured, slightly irregular border is centered on a solid yellow background. The heart is filled with a uniform gold color.

I can do  
anything  
for one  
minute

A white heart with a textured, slightly irregular border is centered on a solid gold background. The heart is filled with a uniform white color.


I will meet  
my baby  
soon

A black heart with a textured, slightly irregular border is centered on a solid pink background. The heart is filled with a uniform black color.

I can  
breathe  
my baby  
out

A pink heart with a textured, brushstroke-like border is centered on a solid black background. The heart is filled with a light pink color.

Each breath,  
each surge  
brings my  
baby  
closer

A gold heart with a textured, brushstroke-like border is centered on a solid yellow background. The heart is filled with a light gold color.

I quiet my  
mind & let  
my body  
give  
birth

A white heart with a textured, brushstroke-like border is centered on a solid gold background. The heart is filled with a light white color.


Open  
Relax  
Release

A black heart with a textured, brushstroke-like border is centered on a solid pink background. The heart is filled with a dark black color.

I was made  
to do  
this

A pink heart with a textured, brushstroke-like border is centered on a solid black background. The heart is filled with a solid pink color.

My body  
knows how  
to do  
this

A gold heart with a textured, brushstroke-like border is centered on a solid yellow background. The heart is filled with a solid gold color.

I trust  
my  
instincts

A white heart with a textured, brushstroke-like border is centered on a solid gold background. The heart is filled with a solid white color.

My baby  
& I are  
working  
together

A black heart with a textured, brushstroke-like border is centered on a solid pink background. The heart is filled with a solid black color.

My baby is  
strong &  
healthy

I am ready  
to fall in  
love with  
my baby



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