

With every
breath I am
nurturing
my baby

I am happy
healthy
and
pregnant

I connect to
my womb &
my heart

I breathe in
Calm
I breathe out
Tension

my baby
will come at
the perfect
time

I trust my
body
I trust my
baby



I trust my
body knows
what to do

I nurture
myself

I
have
faith

I trust my
instincts