

Affirmation Cards

These affirmation cards are for pregnancy, labor and birth, postpartum, breastfeeding, and beyond! Parenting is an amazing journey full of unique challenges. Going on those journeys will require you to make countless decisions. Use these affirmation cards to help that journey be more of what you want and need and less of what hinders you.



I can
breathe



I can
change



I can
decide



I can
listen



I can
move



I can
recover



I can
remember



I can
rest



I can
speak



I can
transition



I can
trust



I can
wait



I will
speak



I am
brave



I am
calm



I am
confident



I am
flexible



I am
healthy



I will be
empowered



I will be
heard



I will
choose



I will
deliver my
baby



I will
move



I will
roar



I am
peaceful



I am
safe



I am
steadfast



I am
steady



I am
strong



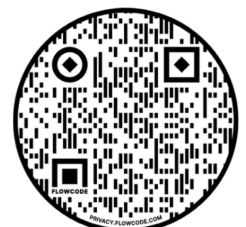
I am
supported



I am
sure



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