





EVERY CONTRACTION BRINGS  
MY BABY CLOSER TO ME



I'M PROUD OF  
MY PROGRESS



I RELEASE FEAR AND  
WELCOME MY OWN  
STRENGTH






I CAN DO ANYTHING  
FOR 1 MINUTE





MY BABY AND I ARE  
WORKING TOGETHER



I AM SAFE  
I AM CALM  
I AM OPEN



MY BABY IS SAFE







I BREATHE SLOWLY  
AND EASILY



MY BABY KNOWS  
EXACTLY WHAT TO DO



I AM SURROUNDED BY  
LOVE AND SUPPORT