

Pregnancy Affirmations

This book is dedicated to Sarah.

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Chapter 1: Healthy Conception

Healthy Conception

1. I am conceiving most healthily.
2. My body is creating new life successfully.
3. My body is transitioning and developing strongly.
4. My mind is ready and prepared for what is to come.
5. My mind is strong, clarified, and stable.
6. My heart is full of love, care, strength, and endurance.
7. My heart is beating peacefully, firmly, and energetically.
8. My surroundings promote positive thoughts and feelings.
9. I feel grateful for the new life inside of me.

10. I am at peace with this journey I'm about to commence. I have no fear.

Chapter 2: Healthy Pregnancy

Healthy Pregnancy

1. I am grateful for a healthy and smooth-sailing pregnancy.
2. Pregnancy looks and feels great on my body.
3. My body is strong and full of vitality, energy, and positivity.
4. My body will deliver a healthy baby successfully.
5. I feel refreshed, at peace, and enlightened.
6. My baby(ies) and I stay in rhythmic harmony.
7. I am experiencing a healthy pregnancy daily.
8. My baby is healthy.
9. I am healthy.
10. We are healthy.

Chapter 3: Healthy Baby

Healthy Baby

1. My baby is healthy.
2. My baby's development is progressing perfectly.
3. My baby is happy, joyful, and in positive spirits.
4. My baby is intelligent, creative, and full of life.
5. My baby is favored, lucky, blessed, abundant, and loved.
6. My baby is getting the proper nutrients daily.
7. My baby is growing stronger and healthier daily.
8. My baby feels comfortable and at peace inside of me.
9. My baby is blessed with perfect health.
10. My baby is healthy.

Chapter 4: Healthy Body

Healthy Body

1. My body is healthy.
2. My body feels healthy.
3. My body increases in health daily.
4. My body is carrying a healthy baby.
5. My body cultivates a healthy environment for my baby.
6. My body is fit for delivery.
7. My body is strong, powerful, invigorated, and stable.
8. Everything in my body is functioning optimally.
9. My body is whole, perfect, harmonious, and loving.
10. I am healthy.

Chapter 5: Healthy Mind

Healthy Mind

1. My mind is healthy.
2. My thoughts are healthy.
3. My brain is healthy.
4. I focus on good health, courage, and new life.
5. I focus my thoughts on strength, harmony, and positivity.
6. I think good thoughts towards myself.
7. I have good thoughts about my baby.
8. I listen to healthy and productive content.
9. I fill my mind with positivity.
10. My mind is healthy.

Chapter 6: Healthy Heart and Emotions

Healthy Heart and Emotions

1. My heart is healthy.
2. My emotions are stable, sound, and good.
3. My heart is at peace with this pregnancy.
4. My emotions are peaceful and balanced.
5. My heart is full of courage, strength, and might.
6. My feelings are consistently centered on positivity.
7. My emotional health flourishes.
8. My heart feels kind towards myself, my baby, and others.
9. Kindness, positivity, gentleness, and serenity fill my heart.
10. My heart is healthy.

Chapter 7: Healthy Spirit and Soul

Healthy Spirit and Soul

1. My spirit is healthy.
2. My soul is healthy.
3. My demeanor is generous.
4. My spirit is strengthened.
5. My soul is lifted.
6. My spiritual health is elevated.
7. The universe is blessing me with a healthy baby.
8. The universe is blessing me with a healthy pregnancy.
9. My spiritual well-being is centered harmoniously.
10. I am in my element.

Chapter 8: Healthy Birth

Healthy Birth

1. My baby's birth is successful.
2. My baby's birth has limited to zero pain involved.
3. My baby's birth will reach completion quickly and safely.
4. My baby's birth will reach completion successfully.
5. My baby's birth will be magically uplifting for us both.
6. My baby's birth will be immediately followed by healing.
7. My baby's birth will inspire happiness, joy, and laughter.
8. This birth is a blessing for myself and my family.
9. The right medical team surrounds us.
10. My baby's birth is 100% healthy.

Chapter 9: Successful Motherhood

Successful Motherhood

1. I am and will be successful at motherhood.
2. I surround myself with successful and productive mothers.
3. I am and will be a gifted mother to this baby.
4. My child and I will always have a healthy relationship.
5. I am excited about motherhood.
6. I am ready and prepared for motherhood.
7. My baby has a blessed mother.
8. I am equipped with all the right tools for motherhood.
9. All the answers I need are coming to me.
10. All is well with my baby and I.

Chapter 10: Fear

Fear

- 1 I am courageous.
2. I am confident.
3. I trust an abundance of good is in store for us.
4. All is well with my baby and I.
5. No harm can come to my baby and me.
6. Fear has no control over my life.
7. I trust that all is working out well for me.
8. I trust that all is working out well for my child.
9. My baby and I have everything we need.
10. We have nothing to fear.