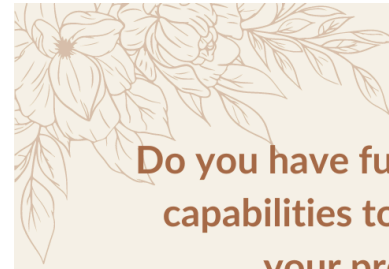


“I trust my body's innate wisdom to nurture and birth my baby safely.”



Do you have full confidence and trust in your capabilities to give birth in alignment with your preferences and desires?

Close your eyes and immerse yourself in the vision of your baby's arrival. Feel the rush of emotions as you hold your precious little one for the first time. Know that this moment is yours to create, filled with love, warmth, and boundless possibilities.

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“I am stronger than any fear or doubt, I embrace the transformative journey of pregnancy with courage and grace.”



When thinking of birth, what is something that you're afraid of?

Envision yourself physically holding onto that fear, feeling its weight in your hands. Now, take a deep breath and gently release it, allowing the fear to dissolve. As you let go, feel a sense of lightness and liberation wash over you, knowing that you are free to embrace the innate strength that resides within you.

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"I nurture myself with compassion and kindness, knowing I am deserving of love."



How do you actively nurture yourself with compassion and kindness during your pregnancy journey?

Close your eyes, take a deep breath, and imagine a soft, warm light surrounding your growing belly. Feel it filling you with love and compassion, reminding you of the miracle within. Visualize yourself embraced by this loving light, feeling safe and deeply cherished as you nurture your baby.

Take a moment to bask in this feeling of self-love and acceptance.

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"I am deserving of vibrant health and well-being during pregnancy, and I take proactive steps to care for myself and my baby."

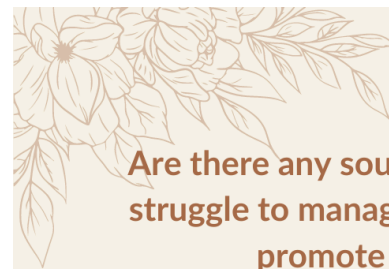


How do you currently prioritize your health and well-being during pregnancy? What self-care practices support your physical, mental, and emotional health?

Take a moment to connect with your body and acknowledge the power you hold in nourishing and moving it. Close your eyes and envision yourself making mindful choices that honor your body's and baby's needs. With each breath, affirm your commitment to intentional nourishment and movement.

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“I surrender to the natural flow of pregnancy, embracing the peace that comes from trusting in the process and surrendering to the unknown.”

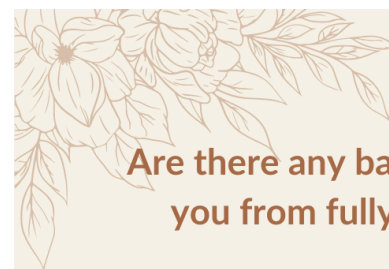


Are there any sources of stress and anxiety that you struggle to manage during pregnancy? How can you promote more peace and serenity?

Bring your attention to your breath, allowing it to guide you into a state of deep relaxation. With each inhale, silently repeat the word 'peace,' and with each exhale, release any tension or stress from your body. Continue this mindful breathing for a few minutes, feeling a sense of tranquility wash over you with each breath.

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“I embrace each moment of my pregnancy journey with joy and gratitude, cherishing the miracle of life growing within me.”



Are there any barriers or challenges that prevent you from fully experiencing joy during your pregnancy?

Take a moment to close your eyes and bring to mind a joyful memory from your pregnancy journey. Notice the sensations in your body as you relive this moment of joy. Allow yourself to fully immerse in the feelings of happiness and gratitude.

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