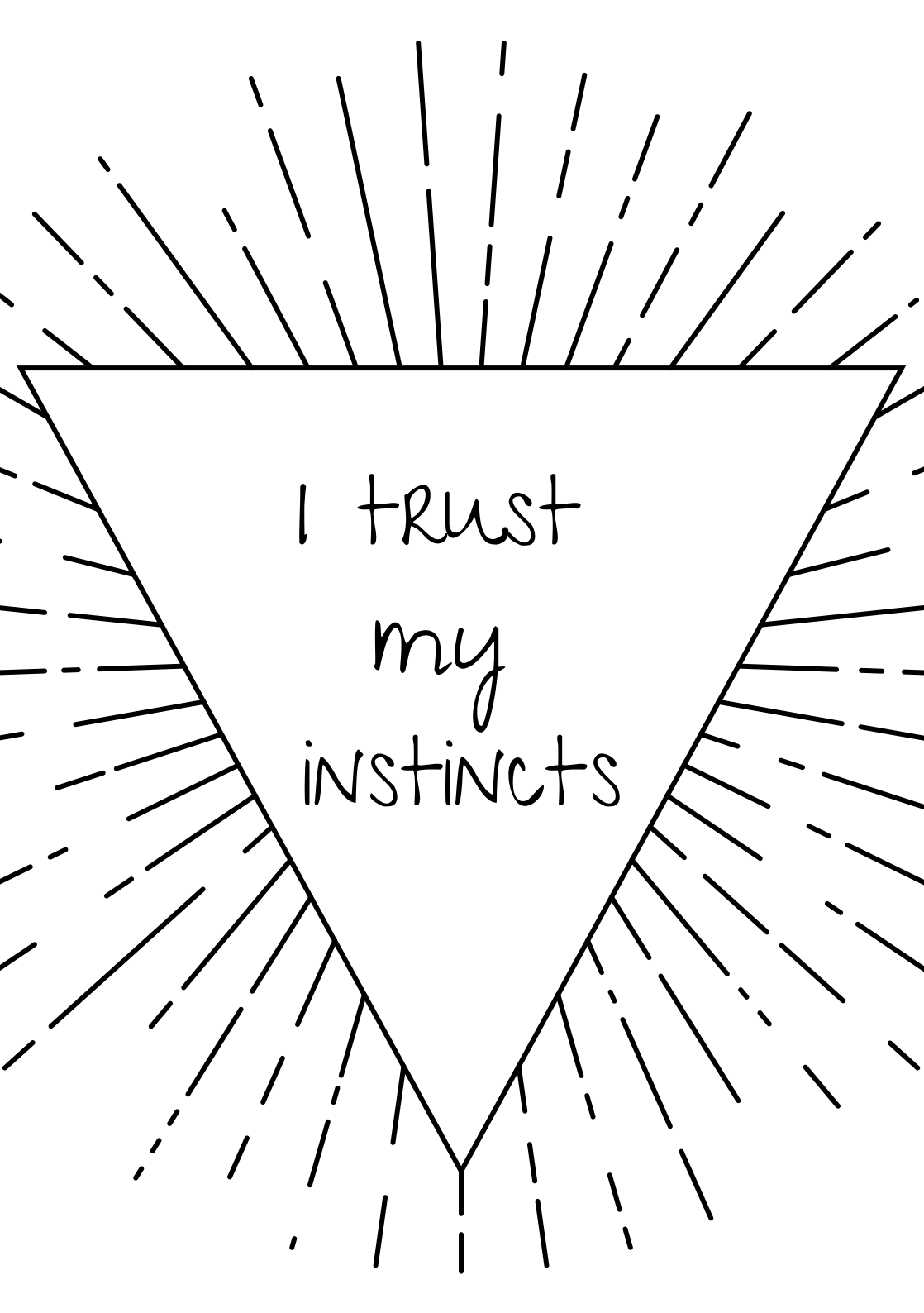
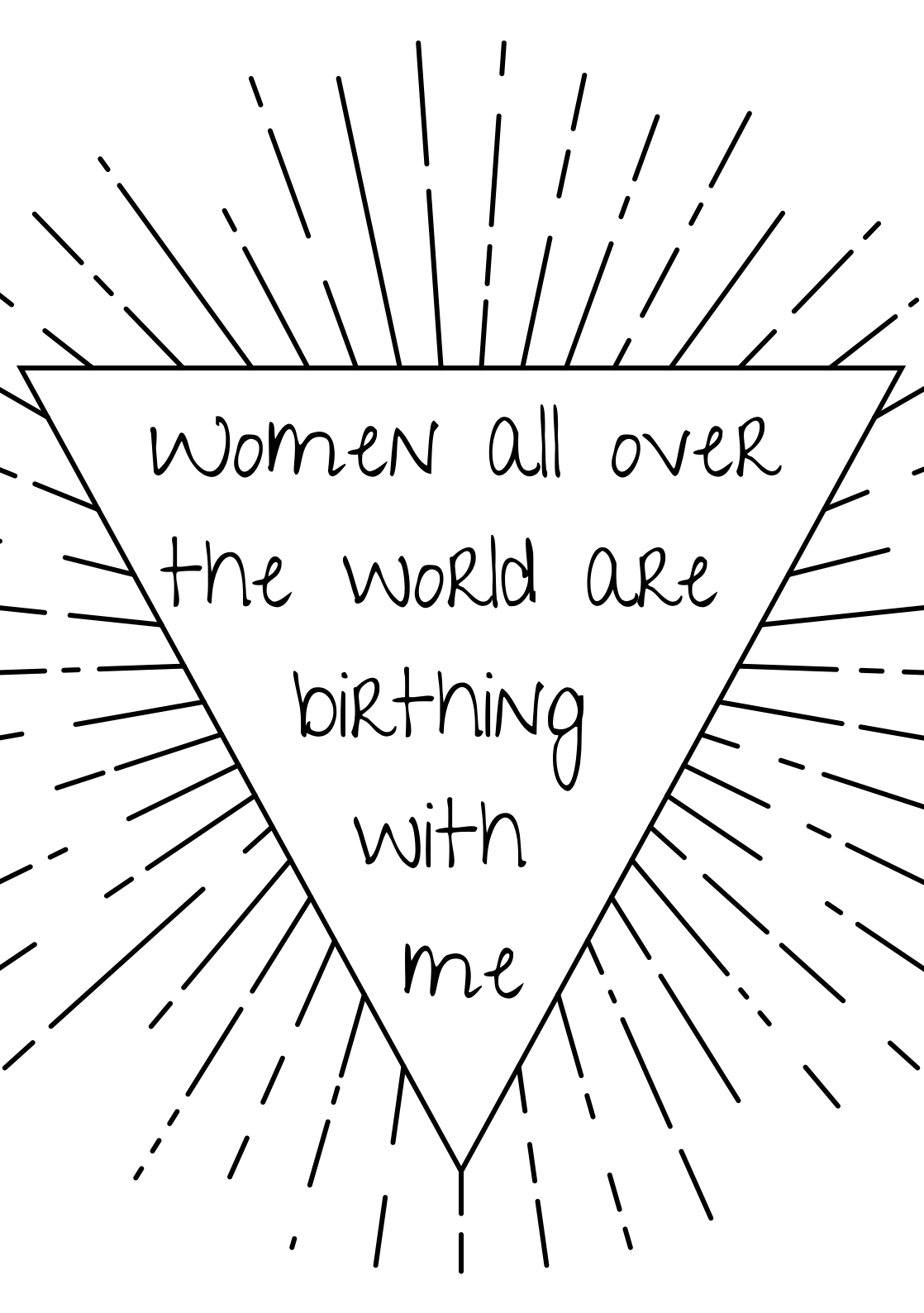




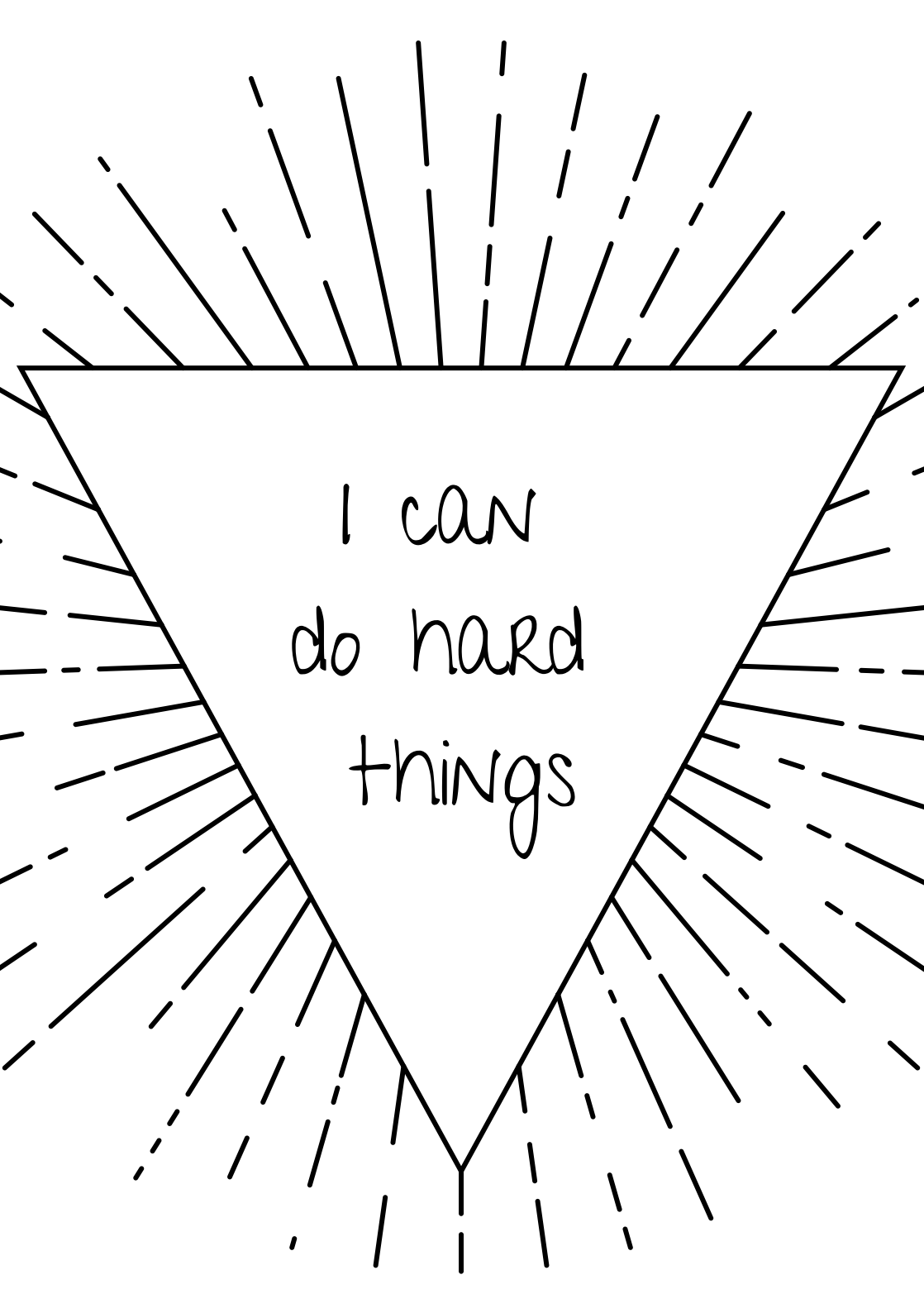
Each surge  
brings my  
baby closer  
to me



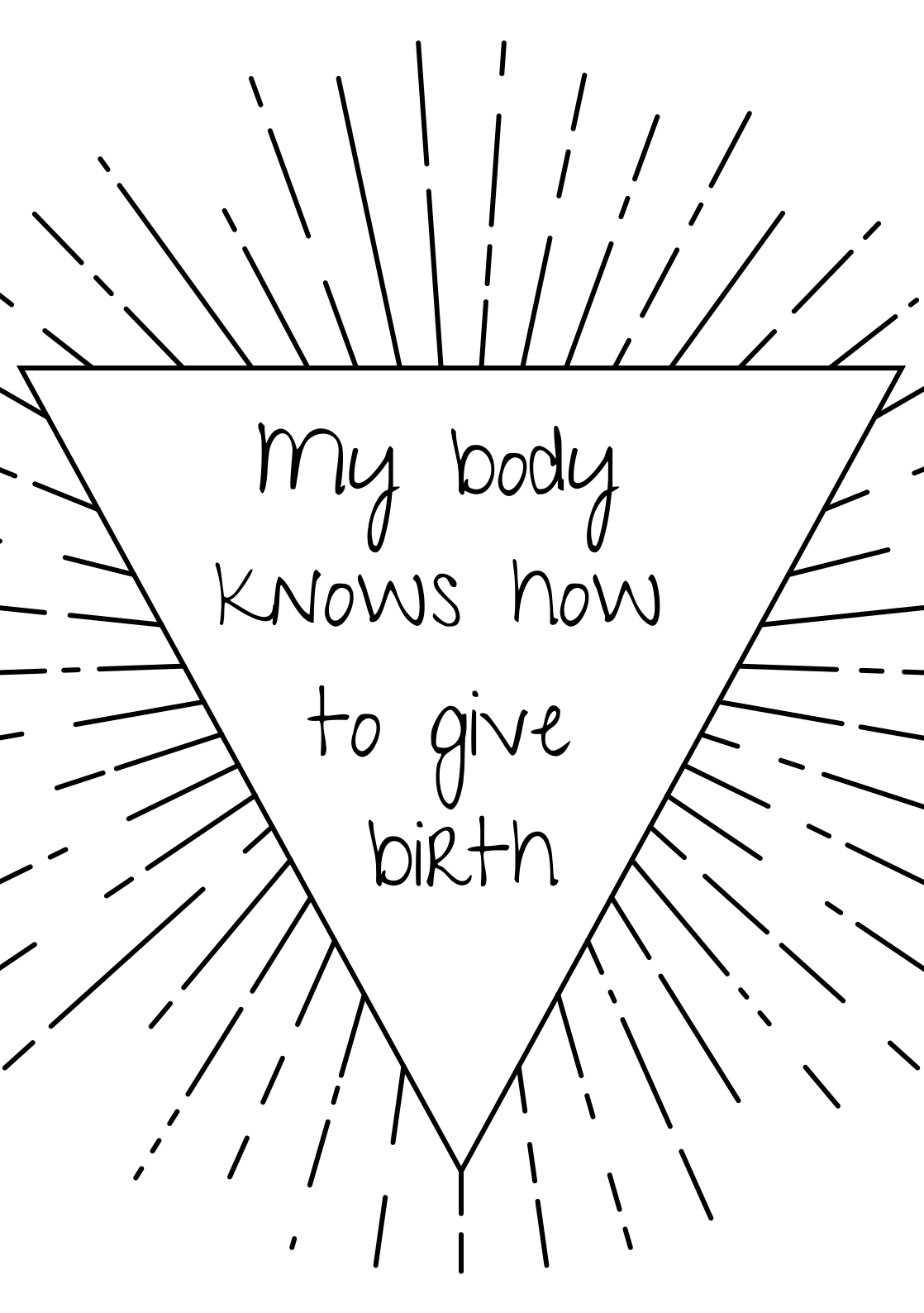
I trust  
my  
instincts

A hand-drawn graphic featuring a central inverted triangle. Inside the triangle, the text "Women all over the world are birthing with me" is written in a casual, handwritten font. The triangle is surrounded by numerous radiating lines of varying lengths and orientations, creating a sunburst or starburst effect. The lines are drawn with simple black outlines on a white background.

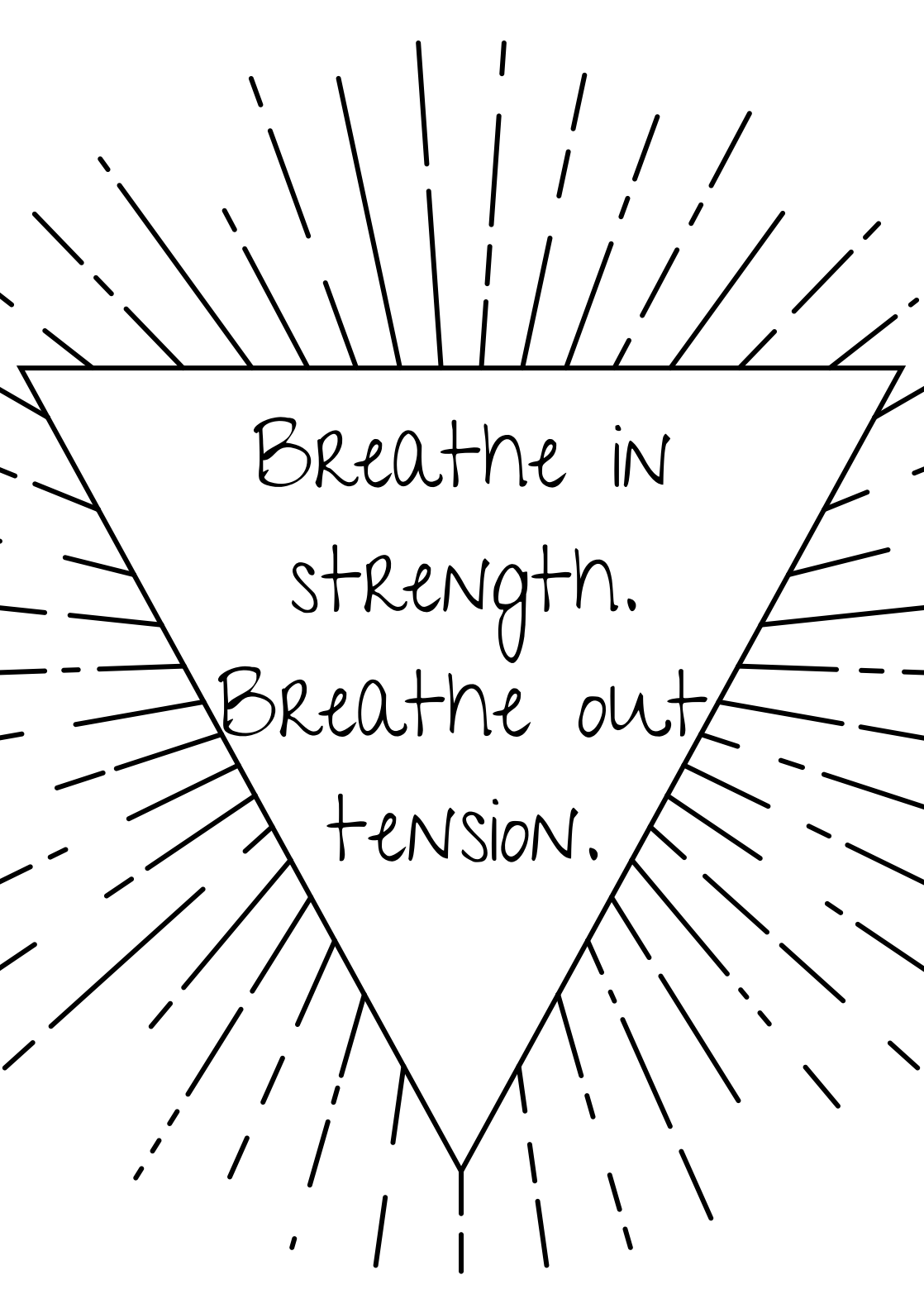
Women all over  
the world are  
birthing  
with  
me

A hand-drawn illustration featuring a central inverted triangle. Inside the triangle, the text "I can do hard things" is written in a simple, hand-drawn font. The triangle is surrounded by a sunburst pattern of radiating lines, some solid and some dashed, extending to the edges of the frame.

I can  
do hard  
things

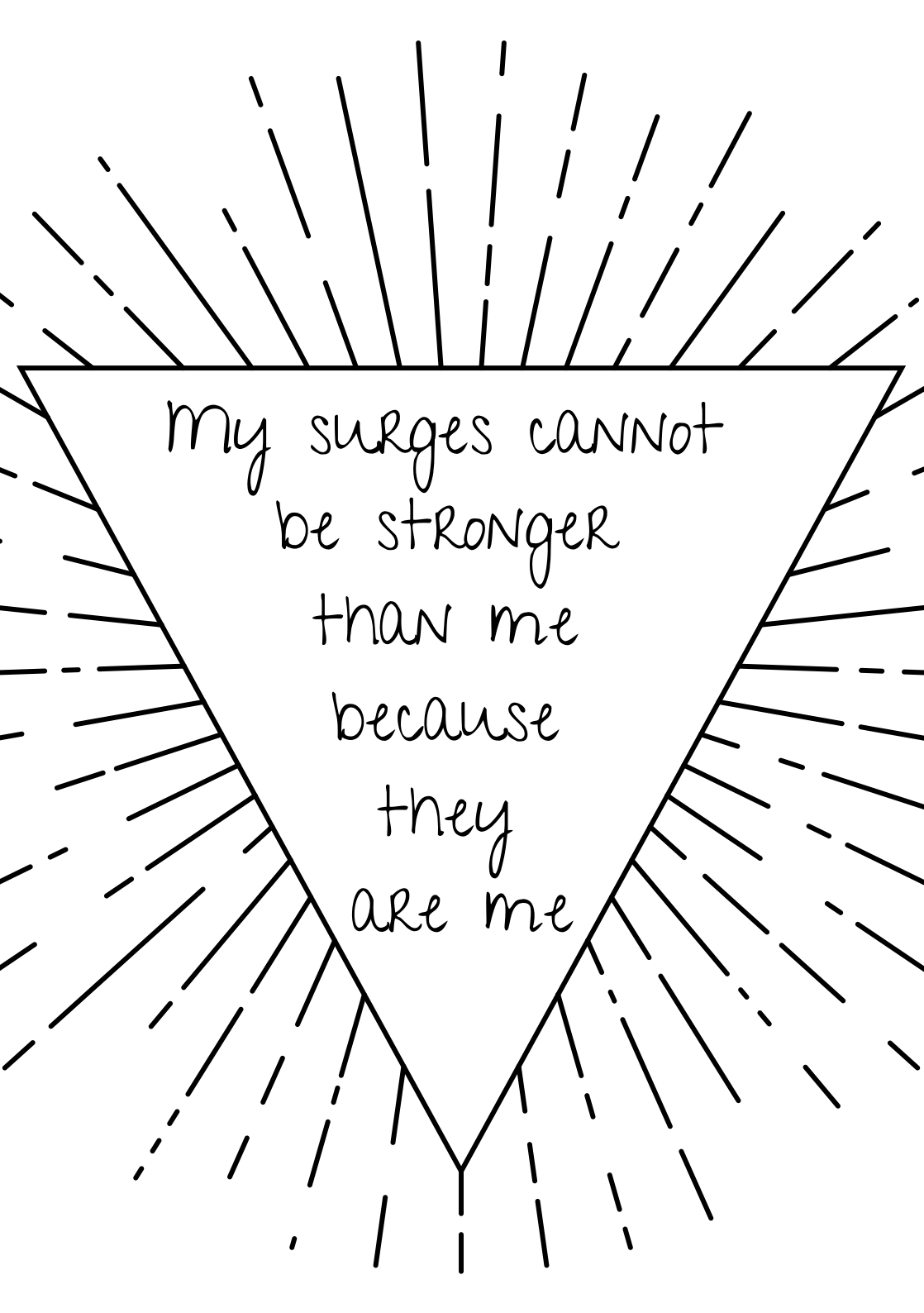


my body  
KNOWS how  
to give  
birth

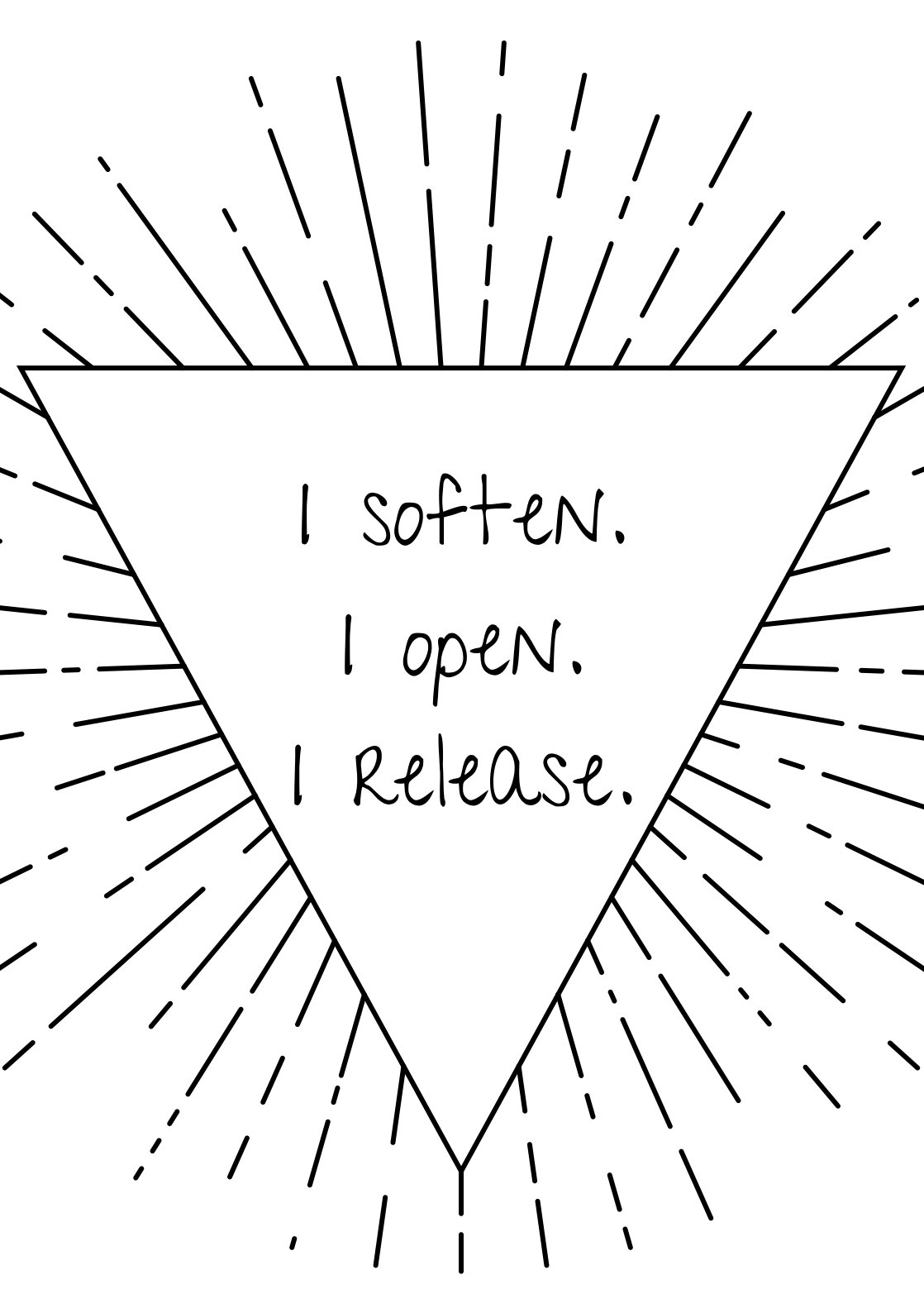


Breathe in  
strength.

Breathe out  
tension.

A hand-drawn illustration featuring a central inverted triangle. The triangle is filled with a pattern of radiating lines, some solid and some dashed, extending outwards to form a sunburst effect. Inside the triangle, the text "my surges cannot be stronger than me because they are me" is written in a simple, hand-drawn font.

my surges cannot  
be stronger  
than me  
because  
they  
are me


A hand-drawn inverted triangle with a thick black outline. The interior of the triangle is white. The background of the entire image is filled with numerous thin, black, radiating lines of varying lengths and orientations, creating a sunburst or starburst effect. The lines are most dense near the top and bottom vertices of the triangle and become sparser towards the center.

I soften.

I open.

I release.





my body  
will work.

my baby  
will fit.



I feel confident.

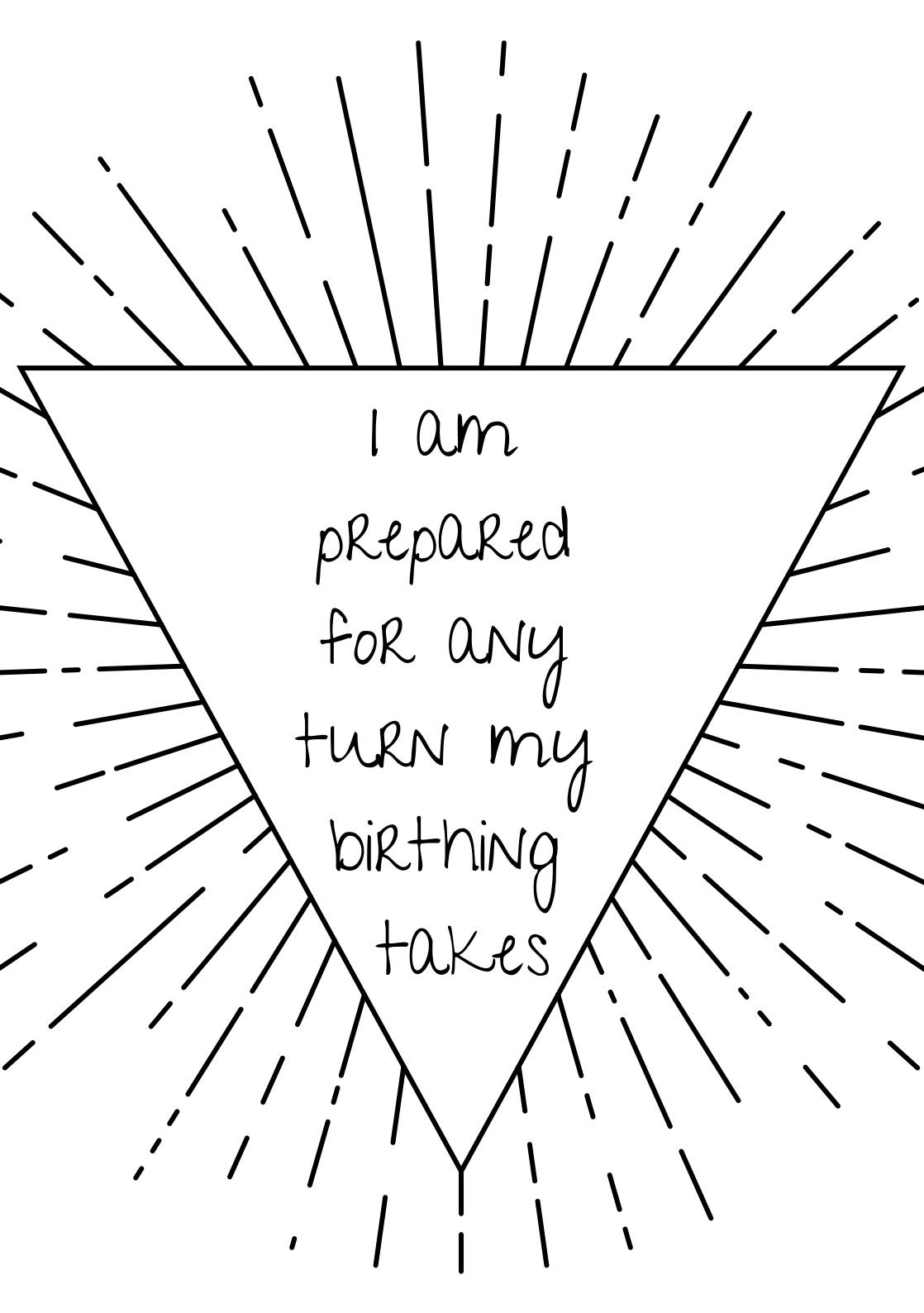
I feel safe.

I feel secure.

I feel loved.

A large, black-outlined inverted triangle is centered on the page. From the top and bottom vertices of the triangle, numerous lines radiate outwards, creating a sunburst or starburst effect. The lines vary in length and angle, some being solid and others dashed. In the center of the triangle, the words "I can do it" are written in a simple, lowercase, sans-serif font.

I can do it



I am  
prepared  
for any  
turn my  
birthing  
takes