
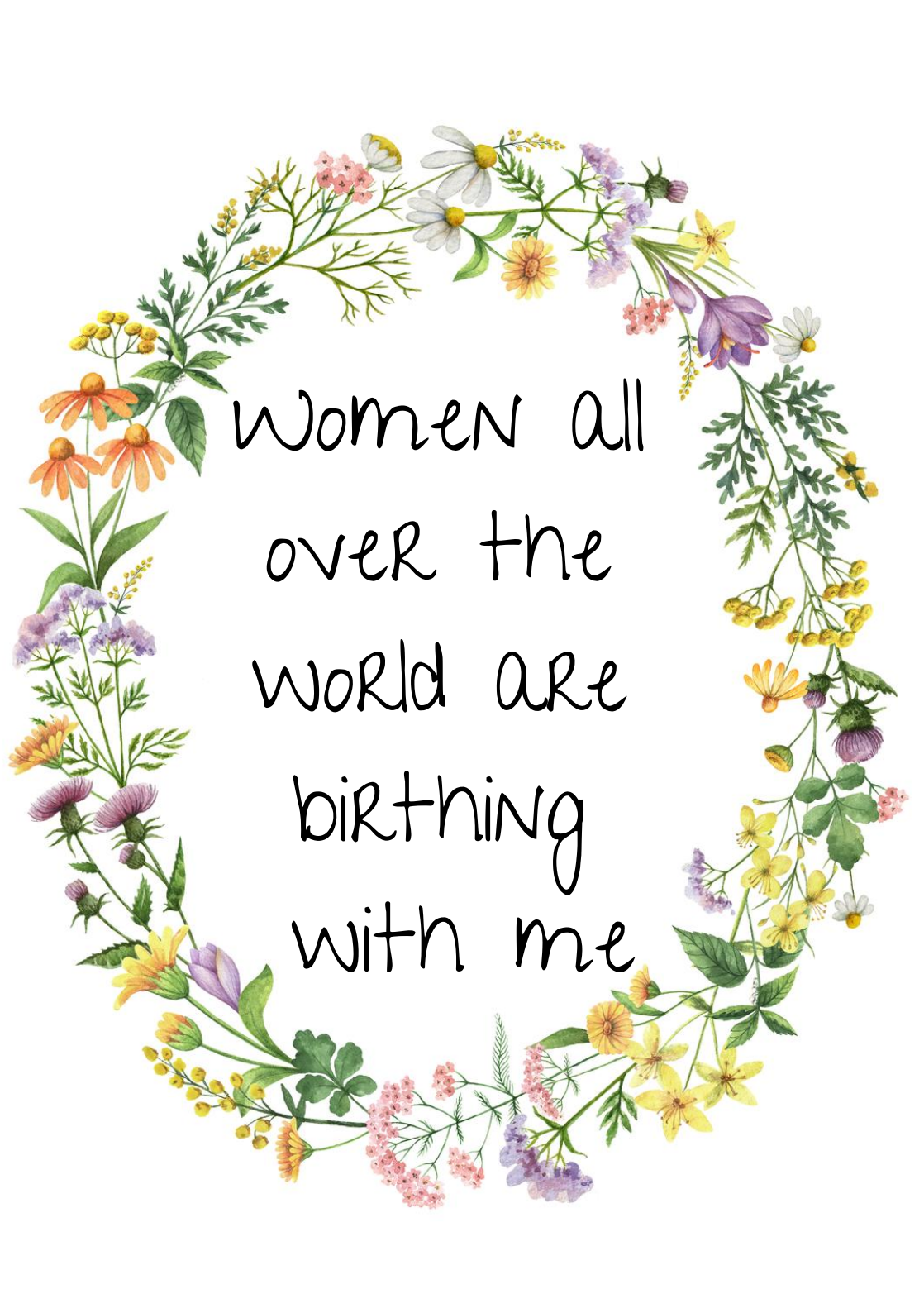



Each surge
brings my
baby closer
to me



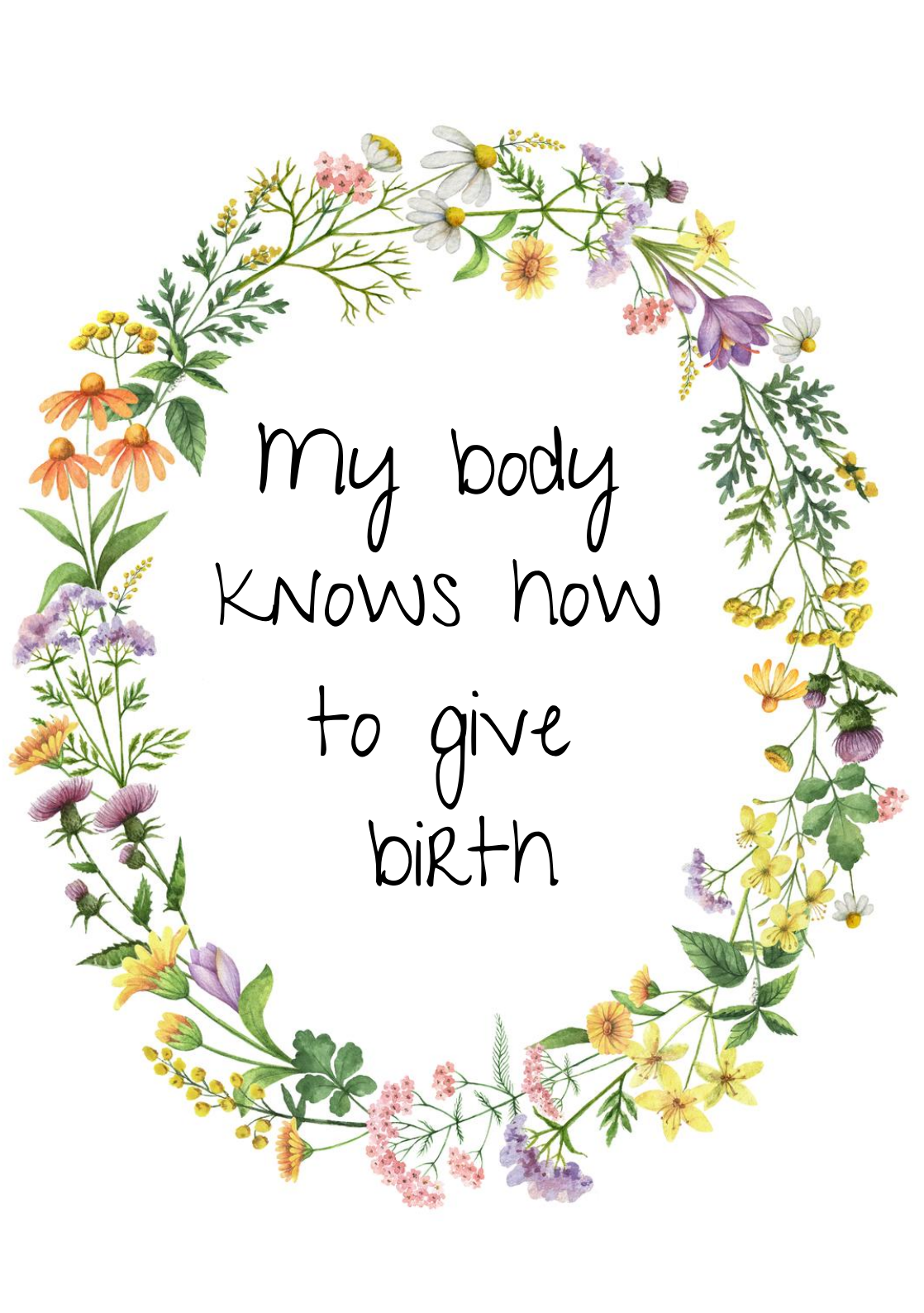
I trust
my
instincts




Women all
over the
world are
birthing
with me




I can
do hard
things



My body
KNOWS how
to give
birth



Breathe in
strength.
Breathe out
tension.




My surges
cannot be
stronger than
me because
they are me



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 circular floral wreath composed of various flowers and greenery. The flowers include orange coneflowers, purple thistles, yellow daisies, pink cherry blossoms, purple hydrangeas, yellow buttercups, and purple crocuses. The greenery consists of various leafy branches and stems. The text "I CAN do it" is written in a black, cursive font in the center of the wreath.

I CAN do it



I am
prepared
for any
turn my
birthing
takes