

WITH EACH WAVE,

*I am closer to meeting
my baby.*

I CAN DO THIS.

MY BODY KNEW HOW
TO CREATE THIS
BABY.

*My body knows how to
give birth.*

INHALE STRENGTH.

Exhale fear.

WOMEN ALL AROUND
THE WORLD

are laboring with me.

I GET TO MEET MY
BABY TODAY.

I AM FILLED WITH
THE STRENGTH OF
ALL THE WOMEN

that went before me.

I AM STRONG AND
CAPABLE.