



10
pregnancy
after loss
affirmations



nurture



- Print these cards on cardstock or other firm paper. Cards should be at least 2.5 in x 2.5 in.
- Keep your favorite card(s) with you or place them in a spot that you will frequently see.
- Repeat these affirmations to yourself, or use them during your breathwork, meditation or yoga sessions.





in this
moment
everything
is ok



nurture



today I am
pregnant



nurture



replace our
worries with
peace, our
fear with
courage



nurture



different
pregnancy,
different
outcome



nurture



worry is
the thief
of joy




nurture



each
passing day
is a day to
celebrate

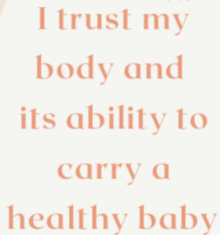


nurture



it is
okay to
hope

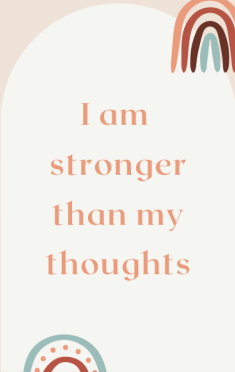
nurture



I trust my
body and
its ability to
carry a
healthy baby



nurture



I am
stronger
than my
thoughts



nurture



it is ok to not
feel
overjoyed all
the time



nurture