



PREPARING FOR BIRTH

FOR A CALM + RELAXED MIND AND BODY.

TUNE INTO YOUR INNATE RESOURCES, TRUST YOUR INSTINCTS. ITS ALL IN YOU

GO INTO LABOUR FEELING:

- PREPARED
- CAPABLE
- CONFIDENT

REMEMBER, YOU ARE LEARNING TO RELAX ON COMMAND. IT TAKES PRACTICE + MORE PRACTICE!

CARVE OUT THE TIME TO DO THESE THINGS IN THIS MAP.

THEY WILL MAKE A DIFFERENCE.

