

# EMPOWERING

## Affirmations for *Labor*

I am stronger than I know

Breath in God's goodness, breath out negativity

My baby is worth this effort

Nothing worth having comes easy

Every storm eventually dies

The best is yet to come

None of my effort will be wasted

I get to hold my baby after this

This pain is but a moment, my baby will last a lifetime

"Do not be afraid, for I am with you...I will strengthen you and help you..."  
Isaiah 41:10

Beauty often comes from pain

I am ready for this

God has put me here for such a time as this

Moms are gut-wrenchingly tough, and I am no exception

I can breathe to the next minute

God has prepared me for this moment