



1 My body is strong and I admire it.

2 I trust my body to keep my baby healthy.

3 Every change makes me more beautiful.

4 I am grateful for my body's strength.

5 My body knows what to do.

6 I welcome the changes with love.

7 I am proud of my growing belly.

8 My body is perfect for my baby.

9 I honour the miracle inside me.

10 I am enough, just as I am.

