

KRISTA GEORGE REGISTERED ACUPUNCTURIST

Fertility Affirmations

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TIP

NEGATIVE THOUGHTS ARE JUST "STORIES" WE HAVE ABOUT OUR BODIES THAT WE WANT TO RELEASE...WHEN YOU SAY YOUR AFFIRMATIONS TELL YOURSELF; "I AM LETTING GO OF THE BELIEF THAT..." AND THEN "I AM CHOOSING TO BELIEVE THAT ..."

My womb is warm, my heart is open, my body is ready to carry our baby now

In all of my being, I am ready for motherhood. I welcome my baby to my heart, womb & life

I trust my body, it can and will support my pregnancy

My body is powerful and healthy and works with me everyday, in every way

My eggs are healthy, my womb is strong & my body is fruitful

I am healthy & fertile

My body knows how to conceive a healthy baby

I value my beautiful, strong, and courageous body

I am as young and energetic as I feel and I choose to open my arms to motherhood now

I nourish my body with nutritious food and I open myself to greater health, strength and fertility

I love myself and I show this love through my choices

My time for motherhood is now
I am worthy of motherhood

I will be a mom

I am Pregnant (*TWW)

