

My Whole Hearted Pregnancy Mantra

MOM BODY SOUL

[DAILY AFFIRMATION]



I AM BEAUTIFUL. I AM WOMAN. I AM HAPPY + HEALTHY.



1. You are beautiful.

You look really cute in leggings and a sweater. If it's fall/winter, thankfully there is a really rad selection of riding, biker, moto boots and other fiercely fashionable flats you rock. You can get away with pig tails. If it's summer, maxi dresses and long skirts are your best friend. A "wife beater" {cringe} never looked so great. You're boobs are amazing. There is no makeup more beautiful than the glow of a pregnant woman - and it takes no time to apply.

2. You are the epitome of a WOMAN.

"You make me proud to spell my name w-o-m-a-n." - Maya Angelou

You will never be more of a woman than that the moment you give birth. You are blessed and lucky to have the ability to create new life. You can "undo" your past, you can shape your future. You can be calm, exciting, musical, artistic, athletic and spiritual. You are entering a right of passage that no billionaire can buy, no boy will every have opportunity to try and that no one can take from you. Embrace the changes, the pain, the kicks, the congrats and the cravings. Remind yourself of the awesome power of your femininity, daily.

3. You are healthy and happy.

Your baby knows when you smile just as much as (s)he knows when you snack. Find reasons to laugh: download a joke app, reminisce with friends, pin photos that make you grin and watch girlie flicks. Exercise at least 4 days a week with yoga, strength training, swimming, nature walks and good 'ol dance parties of 1 in the house a-la Madonna Days (Like a Virgin, not Ray of Light). Prepare healthy snacks and indulge in the occasional ice cream sundae.

Because sprinkles make everyone smile.