



POSITIVE AFFIRMATIONS & INTENTION SETTING FOR 2026

THE POWER OF A POSITIVE MINDSET

A positive mindset is an important part of birth preparation because our minds and bodies are deeply connected. It's all to do with something called 'polyvagal' theory (which we explore in great detail in my hypnobirthing sessions).

Simply...When we feel fearful or tense, our bodies produce stress hormones that can interfere with the physiological flow of labour and hormones postpartum.

When we feel calm, safe and confident, our body is more likely to release happy hormones (like oxytocin and endorphins), which support effective contractions, comfort, progress in birth, mood postnatally and milk production.

Hypnobirthing focuses on reducing fear and building trust in our bodies, helping create the best chance for birth and postpartum to unfold as smoothly as possible. feeling confident and informed about birth goes a huuuuge way to ensuring physiology works!

WHAT IS A POSITIVE AFFIRMATION?

An affirmation can be anything you want it be, by using the law of repetition, you can convince your brain to believe something just by showing it the same information repeatedly - we can use them to reprogramme our way of thinking. Over time, these statements influence the subconscious mind, helping to shift thought patterns away from fear and towards trust, confidence and calm.

Repeating positive affirmations can help:

- Reduce anxiety and fear around pregnancy and birth
- Build confidence in your body's ability to grow and birth your baby
- Encourage feelings of calm, safety and control
- Support better sleep and relaxation
- Create a more positive mindset for birth and early parenthood



POSITIVE AFFIRMATION EXAMPLES

I FEEL EXCITED FOR MY BABY'S BIRTH

MY BABY KNOWS WHEN TO BE BORN

MY MIND IS CALM, MY BODY IS RELAXED, I BIRTH EASILY

ALL THE STRENGTH I NEED IS WITHIN ME

MY SURGES CANNOT BE STRONGER THAN ME, BECAUSE THEY ARE ME

I RELAX, SO MY BABY CAN RELAX

I TAKE CONTROL OF WHAT I CAN, AND LET GO OF WHAT I CANT

EACH SURGE BRINGS ME CLOSER TO MY BABY



I BELIEVE IN MY BODY

INTENTION SETTING FOR 2026

The New Year often encourages us to set resolutions — goals focused on fixing or changing ourselves. In pregnancy, however, a gentler approach can be far more supportive.

Rather than resolutions, I much prefer setting **positive intentions** which allows space for self-compassion, flexibility, and growth. Creating positive affirmations for pregnancy fits beautifully with this mindset.

A New Year intention during pregnancy might be:

- To speak kindly to yourself
- To trust your body more deeply
- To release fear and welcome confidence
- To prioritise rest, connection, and calm

By choosing affirmations that align with your intentions for the year ahead, you are actively shaping how you want to feel — not just what you want to achieve.

For example:

- **AN INTENTION TO FEEL CALMER** → ***I AM SAFE AND AT EASE IN MY PREGNANCY***
- **AN INTENTION TO FEEL EMPOWERED** → ***I AM STRONG, CAPABLE, AND INFORMED***
- **AN INTENTION TO TRUST BIRTH** → ***MY BODY AND BABY WORK TOGETHER PERFECTLY***

Each repetition becomes a small, meaningful step towards that intention.

As the New Year begins, affirmations offer a way to step forward with intention — supporting both mind and body as you prepare to welcome your baby.