



The mind-body connection is SO STRONG!

As physical as labor and birth are, it's even more of a mental game. Your mindset can make all the difference.

What do you really want from this birthing experience?

Think beyond healthy birthing person and healthy baby, that is the bare minimum!

What things have you heard over the years about birth that are serving you like from family, friends, reading, social media, movies, etc.

Are these things rooted in truth, strength, positivity? Or are they rooted in fear, anxiety, myths?

What will you bring into your birthing space that will fill you up and get you through the labor and birthing experience with gratitude, pride, and a greater sense of how powerful you are?

