

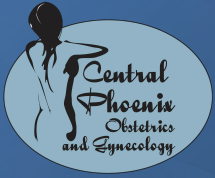


Central Phoenix Ob-Gyn
welcomes you to

Supportive
Pregnancy Care



Affirmations

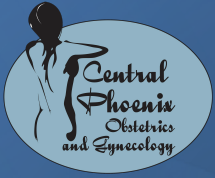


What and why of Affirmations

Affirmations are positive statements that can help you to challenge and overcome negative thoughts

When you repeat them often, and believe in them, you can start to make positive changes

These positive repetitions can reprogram thinking patterns and over time change our thoughts and actions



Creating Affirmations

Make your affirmations short so they're easier for you to remember

Start your affirmations with "I" or "My"

Write your affirmations in the present tense

Make affirmations positive statements

You can add emotion to your affirmations by inserting, "I am [emotion] about . . ."

You don't have to believe your affirmations for them to work



I am strong,
healthy
and
happy





My body and
mind are
incredible



HEALTHY
MOMS.
STRONG
BABIES.





My body is
capable



HEALTHY
MOMS.
STRONG
BABIES.





I am enough





Please scan
the QR code
and complete
the
Supportive
Pregnancy
Care pretest



[SPC Pretest](#)



Data Tracking



Apple Store



Google Play

The Journey Pregnancy App