

95% Positive Birth  
Rate

with The HypnoBirthing® Collective



Hey there mama!

Thank you for downloading my free birth affirmation printables.  
I'm so excited to be able to inspire you during your pregnancy and labour.

My name is Michelle Clift and I'm a mum to two  
beautiful HypnoBirthing® kids.

## *What is HypnoBirthing?*

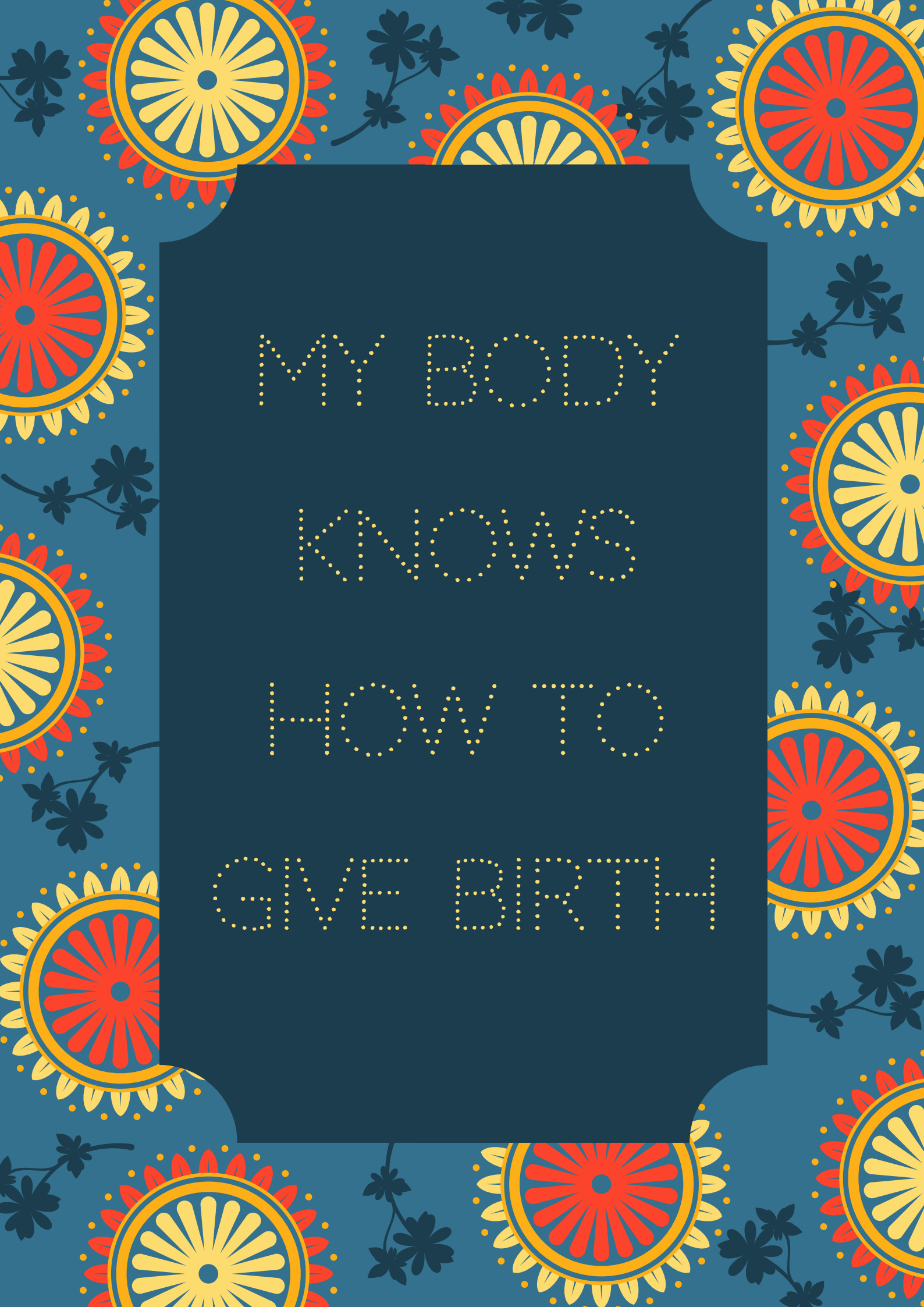
While labour is seen as a very physical process, HypnoBirthing allows you to focus on the emotional and soulful aspects of your birth, not just for the mother, but also for your partner and baby.

HypnoBirthing is a complete education in birthing. HypnoBirthing teaches you how to enhance the physical experience of labour via a range of easily learned techniques that include: education, relaxation, breathing techniques, visualisations, affirmations and hypnosis.

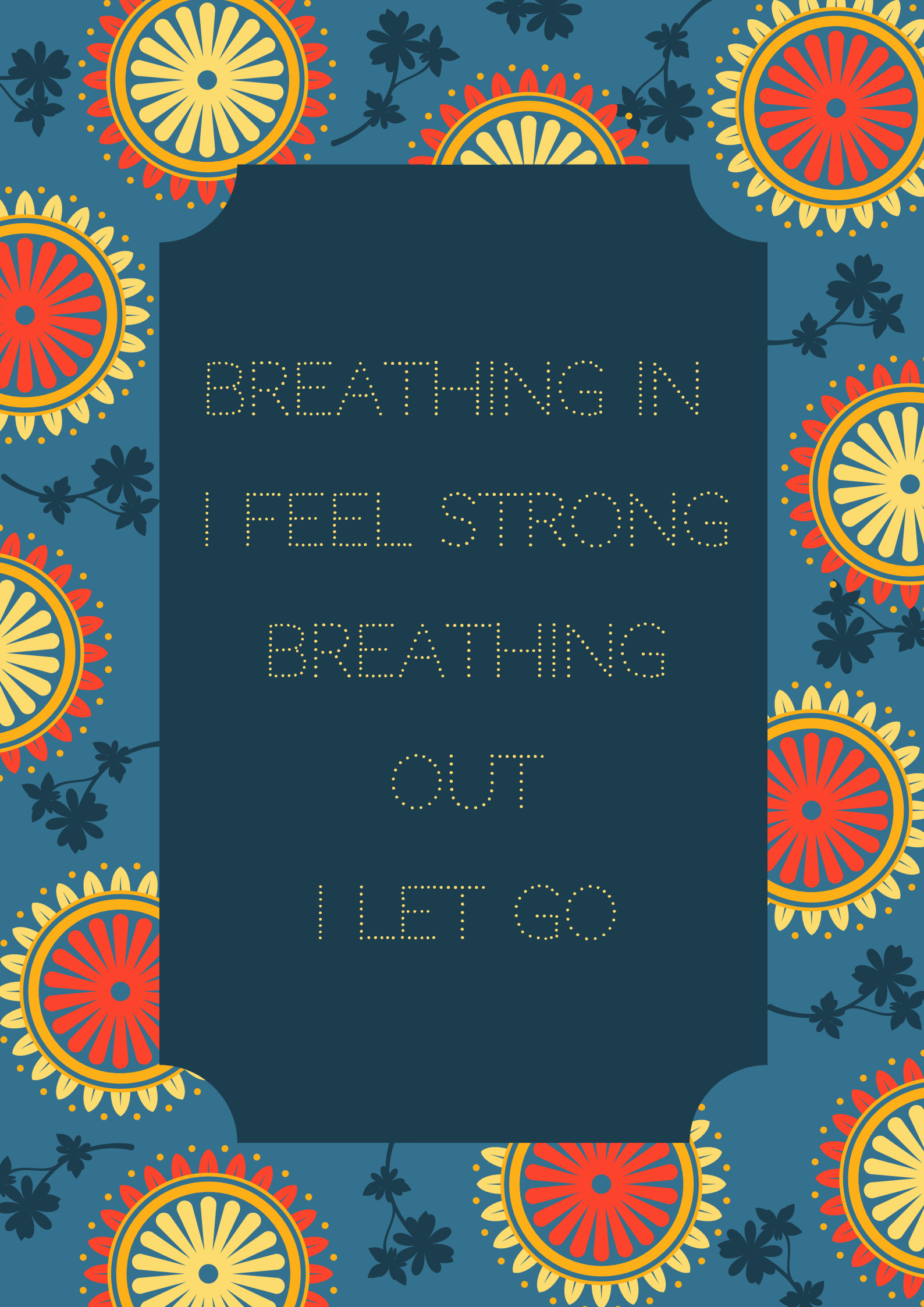
HypnoBirthing is appropriate for all women.

First time mothers, VBAC and even those who are booked for a planned c-section.  
The techniques taught in HypnoBirthing can be adapted for each of these birthing experiences.

For more info, contact me on  
[michelle@hypnobirthing.com.au](mailto:michelle@hypnobirthing.com.au) or 0403 530 536



MY BODY  
KNOWS  
HOW TO  
GIVE BIRTH



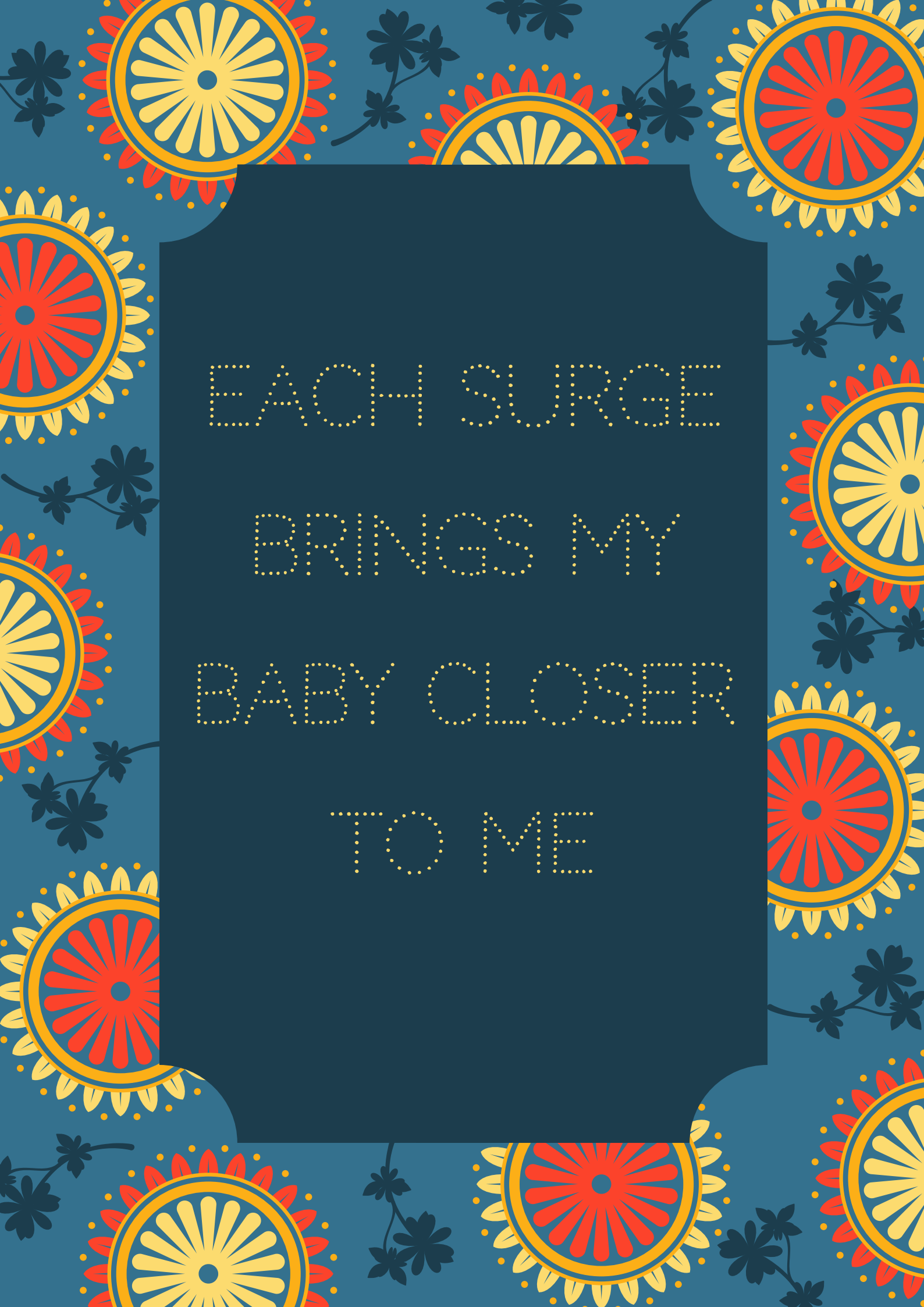
BREATHING IN  
I FEEL STRONG  
BREATHING  
OUT  
I LET GO



I AM

BUILT FOR

BIRTH



EACH SURGE  
BRINGS MY  
BABY CLOSER  
TO ME

A vibrant, repeating pattern of stylized flowers and leaves in red, yellow, and dark blue on a light blue background, framing the central text.

I  
CAN DO  
IT






I FEEL  
CONFIDENT.

I FEEL SAFE.

I FEEL SECURE.

I FEEL LOVED.

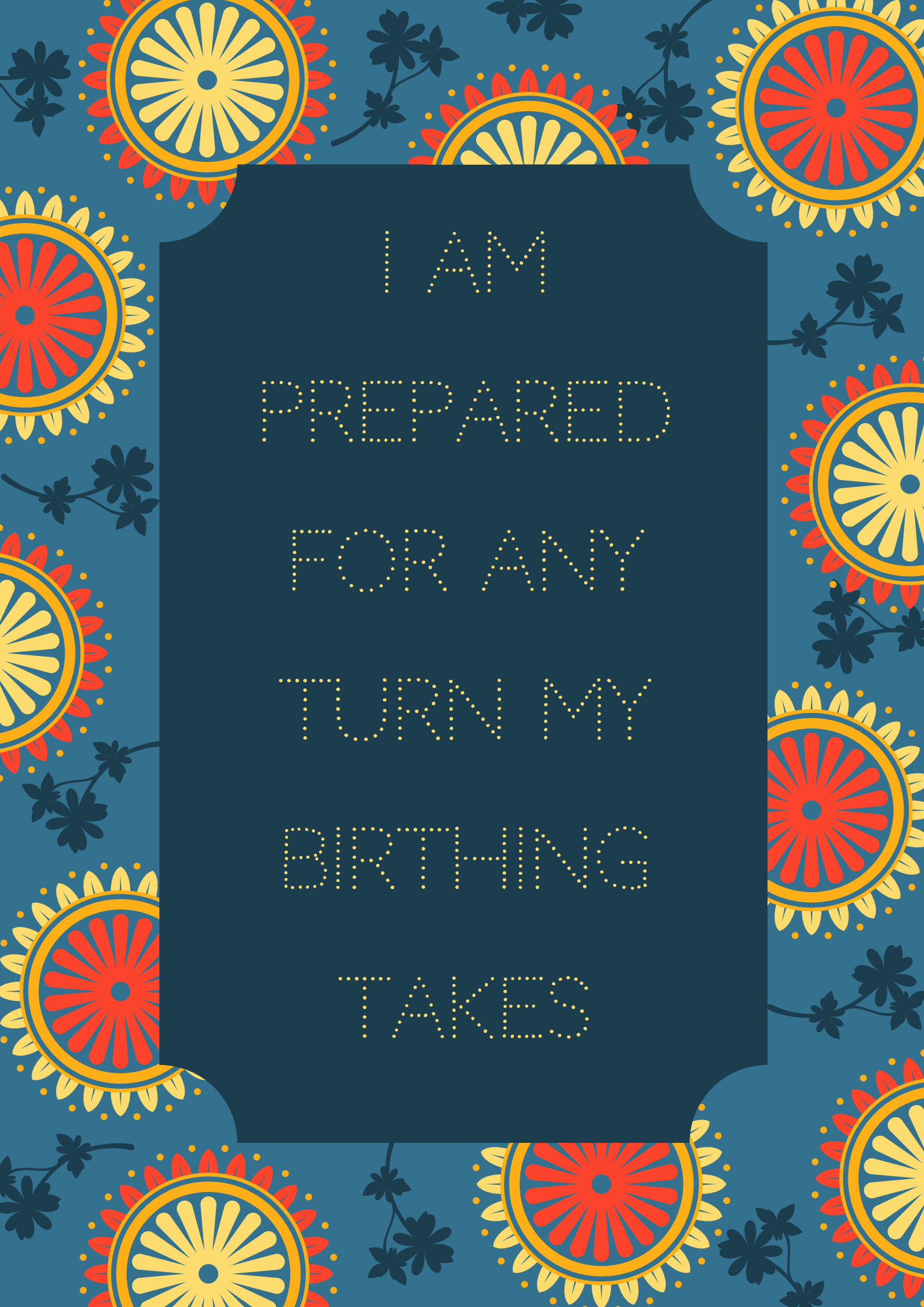


I TRUST

MY

INSTINCTS



A decorative border surrounds the central text area. It features stylized circular floral motifs in red, yellow, and white, interspersed with dark blue floral sprigs and small yellow dots on a blue background.

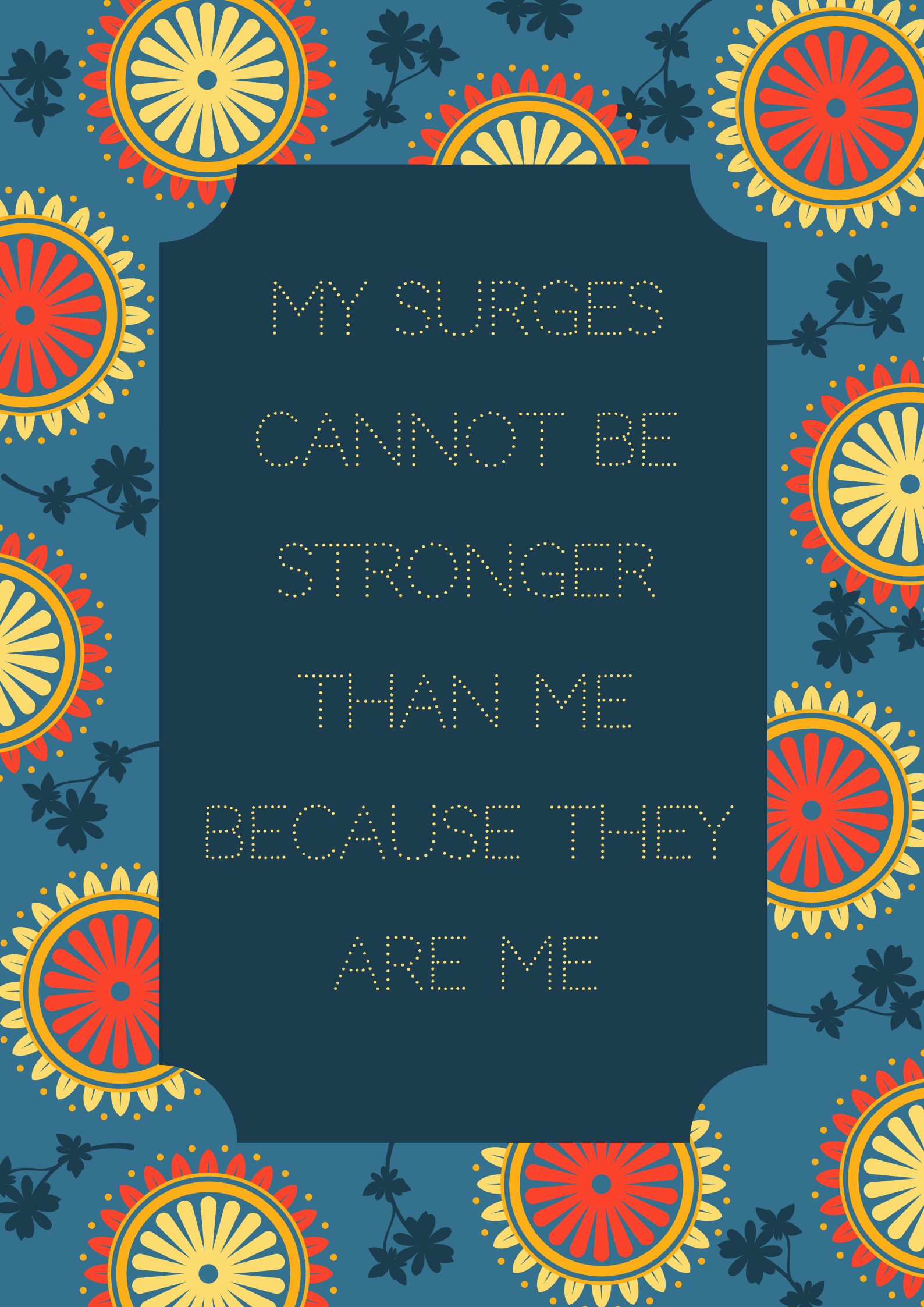
I AM  
PREPARED  
FOR ANY  
TURN MY  
BIRTHING  
TAKES

A vibrant, repeating pattern of stylized flowers and leaves in red, yellow, and blue, framing a central dark blue rectangle. The flowers have multiple layers of petals, and the leaves are simple, dark blue shapes.

I SOFTEN

I OPEN

I RELEASE



MY SURGES  
CANNOT BE  
STRONGER  
THAN ME  
BECAUSE THEY  
ARE ME



MY BODY

WILL WORK

MY BABY

WILL FIT.

The background of the entire image is a vibrant blue. It is adorned with a repeating pattern of stylized floral motifs. These include large circular flowers with multiple layers of petals in red, yellow, and white, and smaller dark blue flowers with thin black stems. The central text is contained within a dark blue rectangular area with rounded corners.

WOMEN ALL  
OVER THE  
WORLD ARE  
BIRTHING  
WITH ME