

Bumps to Bigs



Pregnancy Affirmations

Emotional Support & Self-Love

1. I am growing a human—and that's enough for today.
2. My body knows what it's doing, even when I feel unsure.
3. I am allowed to rest, cry, snack, and repeat.
4. I trust myself to make the best choices for me and my baby.
5. I am strong, even when I feel soft.
6. I am not alone—millions have waddled this path before me.
7. I deserve kindness, especially from myself.
8. I am doing something extraordinary, even in sweatpants.
9. Every emotion is valid. Even the ones triggered by cereal commercials.
10. I am enough. I am enough. I am enough.

Body Positivity & Physical Changes

11. My body is powerful, even when it feels unfamiliar.
12. Stretch marks are proof of expansion—of love, life, and snacks.
13. I honor my body's signals, even when they say "nap now."
14. I am beautiful, swollen ankles and all.
15. My belly is a masterpiece in progress.
16. I release comparison and embrace my unique journey.
17. I am allowed to take up space—emotionally and physically.
18. I trust my body to do what it was made to do.
19. I am not "too much"—I am just enough for someone new.
20. I celebrate every curve, every ache, every miracle.

Connection & Baby Bonding

21. I am already nurturing my baby with love and intention.
22. My baby feels my joy, my calm, and my courage.
23. Each kick is a hello. Each flutter is a reminder: we're in this together.
24. I speak to my baby with love—even when I'm whispering through heartburn.
25. I am creating a safe, loving space for someone I haven't met yet.
26. My baby is growing in rhythm with my breath and hope.
27. I am the first home my baby will ever know—and it's filled with love.
28. I trust the bond between us, even before words.
29. I am preparing for a beautiful meeting.
30. My love is already shaping a tiny universe.

Visit www.Bumpstobigs.com for more information