

This will be one of the **HARDEST** things you have ever done.

It gets easier. The worst days will feel like they are a million years away. Eventually.

Process any feelings of *Betrayal* you might have toward your body... Release all of them.

Your best is good enough... Plain and simple.

*Brave
Soul*

You are **Stronger**
than you ever dreamed possible.

Some days, you just need to cry. Or yell. Or both. And, that's ok.

Forgive yourself for not being able to spend 24 hours a day at the hospital.

It isn't fair. You and your sweet baby are on a different path. Forgive others for their insensitive comments.

You are your baby's anchor. Always.

Infuse every situation with your love... Your baby will feel it.