SELF DISCIPLINE:

The ability to push yourself forward, stay motivated, and take action, regardless of how you’re feeling, physically or emotionally is much needed in pregnancy. The following must be followed.

1. Regular AN check up.
2. Hydrating yourself.
3. Iron rich diet.
4. A proper and good sleep.
5. Regular exercise.
6. To take medicines on time.
7. Reading good books and listening to music.
8. Mental strength.
9. Maintaining ideal weight.
10. To develop inner peace.