

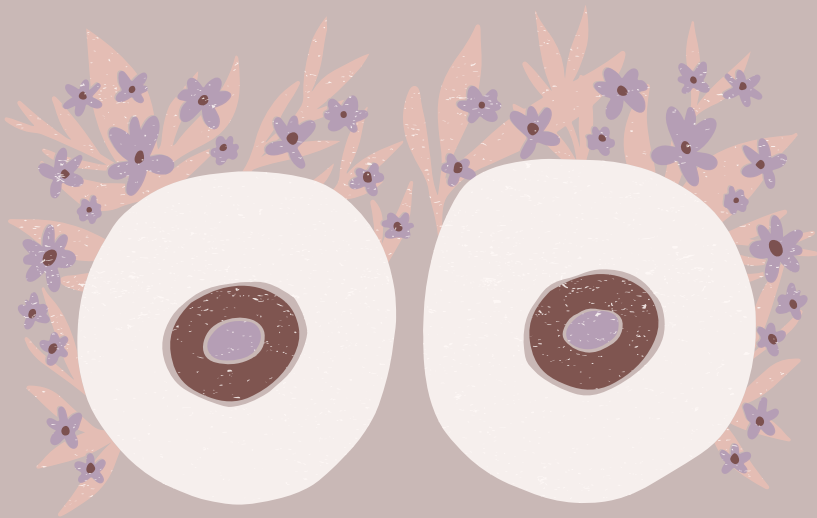
**My body is perfectly designed to
nourish my baby.**



I am patient and persistent.



**I am providing my baby with the
best start in life.**



My milk is the perfect
nourishment for my baby.



Every drop of milk is a step
towards my baby's growth.



I celebrate each feeding as a
moment of connection.



**I listen to my baby's needs and my
own.**



I am doing an amazing job.



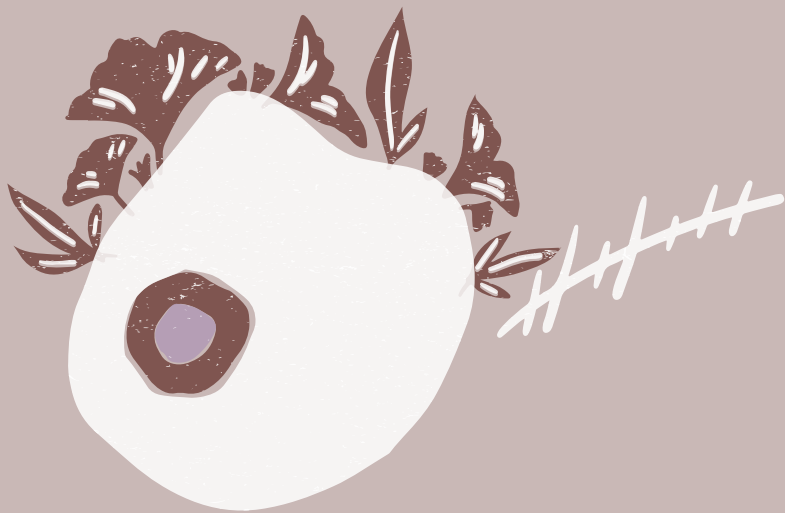
**Breastfeeding is a gift to myself
and my baby.**



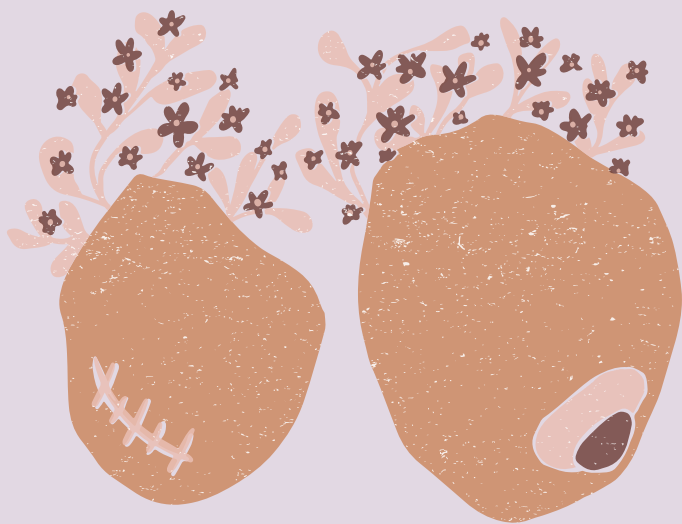
**My baby feels safe and loved in
my arms.**



**I cherish the quiet moments of
feeding.**



I embrace the challenges and joys
of breastfeeding.



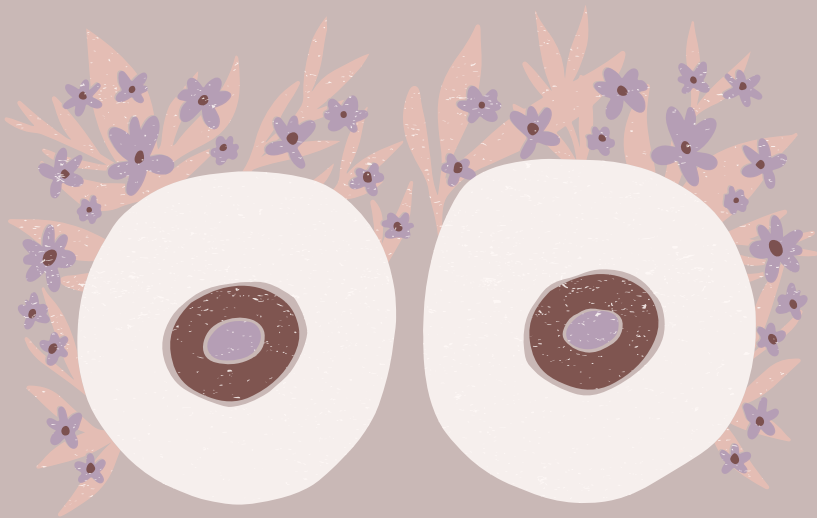
This moment in our journey is
hard, but so am I.



I am kind to myself in moments of
difficulty.



I celebrate each victory, no
matter how small.



I am doing the best I can, and
that is enough.



I am not alone; support is
available to me.



My effort and dedication are
making a difference.



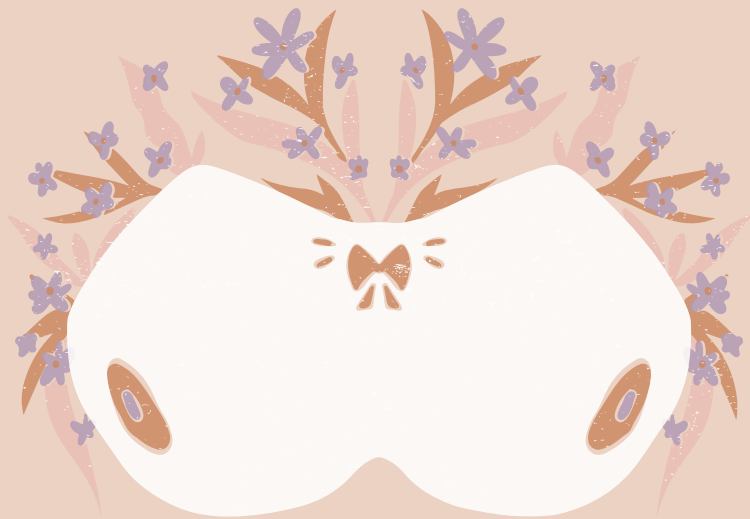
I am capable of overcoming this.



Every challenge is an opportunity
to grow stronger.



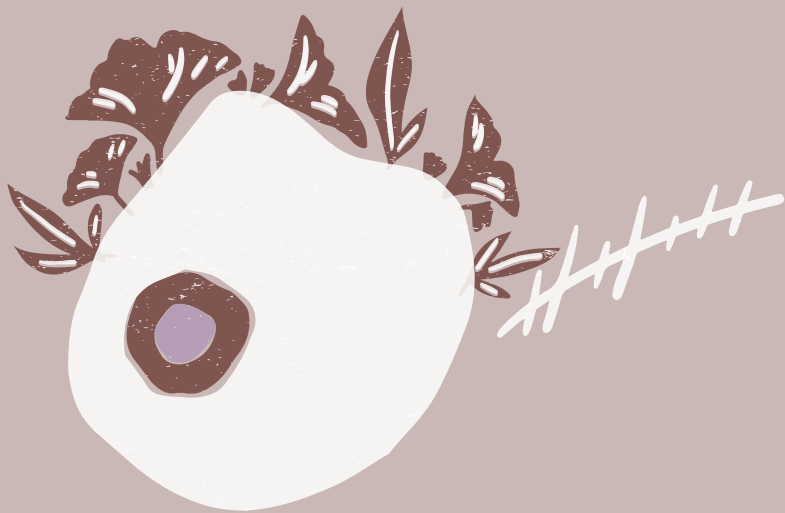
I am patient and calm, knowing
each challenge will pass.



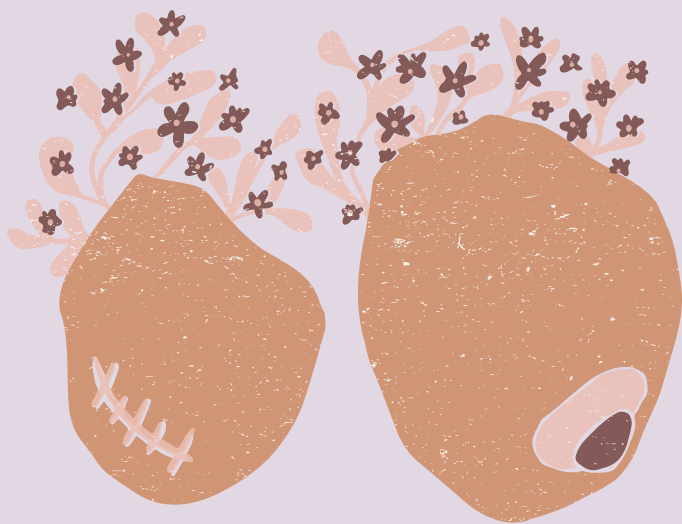
**My body is a powerful source of
life and comfort.**



I am grateful for the opportunity
to breastfeed my baby.



I am calm, confident, and
capable.



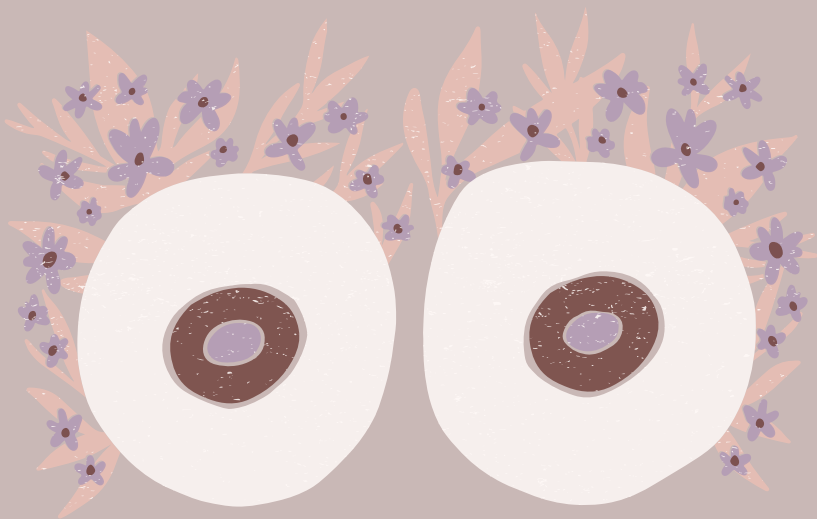
My baby and I are learning
together.



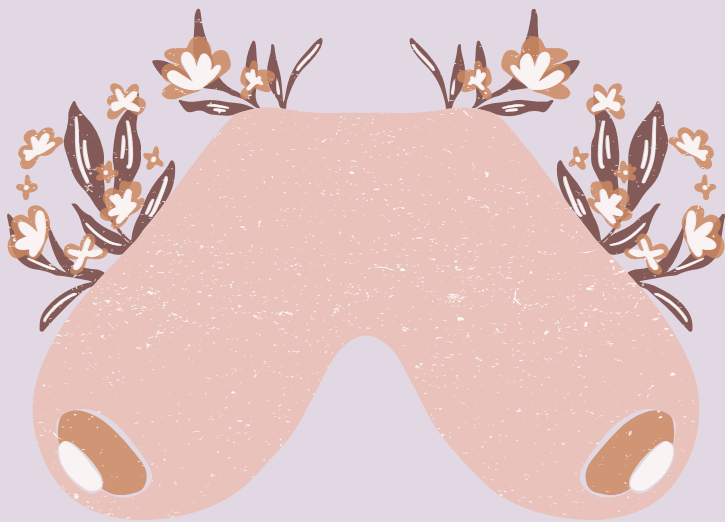
My baby and I are learning
together.



**Breastfeeding my baby is an honor
and privilege that I will cherish.**



I grant myself patience as I build
up my milk supply.



My baby nurses for comfort not
just hunger.



I am proud of the effort I put
into pumping for my baby.



**I am going the extra mile to provide
nourishment for my baby.**



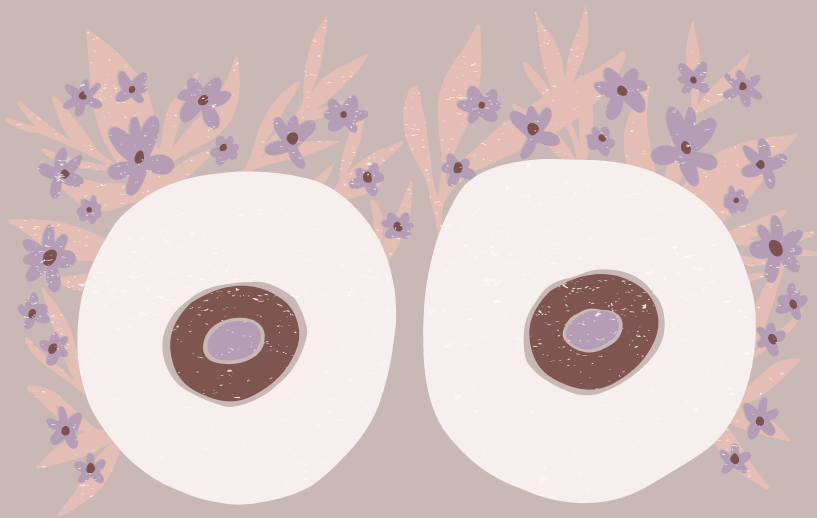
I am so proud of myself and of my
baby for embracing this journey.



I am simply amazing.



The amount of milk my body
produces doesn't define my
worth. I am enough, just as I am.



The love I have for my baby is not
measured in ounces.