



## Type Eight Affirmations

### I now affirm:

- That I believe in people and care about their welfare.
- That I am big-hearted and let others share the glory.
- That I am honorable and therefore worthy of respect.
- That I am most fulfilled by championing others.
- That I have tender feelings and good impulses.
- That I can be gentle without being afraid.
- That I master myself and my own passions.
- That there is an authority greater than me.
- That I love others and ask for their love in return.

**Don Richard Riso**