



Type Five Affirmations

I now affirm:

- That I am secure and grounded in the reality of my own life.
- The strength and wonder of my body.
- The value of my inventiveness and sense of humor.
- That I accept uncertainty and ambiguity.
- That my life and struggles are meaningful and rewarding.
- That I have faith in the future and in human beings.
- That I reach out to others confidently as an equal.
- That I find security in being compassionate toward others.
- That I support others from the fullness of my heart.

Don Richard Riso