



Type Nine Affirmations

I now affirm:

- That I am confident, strong, and independent.
- That I develop my mind and think things through.
- That I am awake and alert to the world around me.
- That I am proud of myself and my abilities.
- That I am steadfast and dependable in difficult times.
- That I look deeply into myself without fear.
- That I am excited about my future.
- That I am a powerful, healing force in the world.
- That I actively embrace all that life brings.

Don Richard Riso