



## Type One Affirmations

### I now affirm:

- That I can allow myself to relax and enjoy life.
- That the best I can do is good enough.
- That I am grateful that others have many things to teach me.
- That I can make mistakes without condemning myself.
- That my feelings are legitimate and that I have a right to feel them.
- That I treat others with tenderness and respect.
- That I am gentle and forgiving of myself.
- That I am compassionate and forgiving of others.
- That life is good and unfolding in miraculous ways.

**Don Richard Riso**