



Type Seven Affirmations

I now affirm:

- That I am happiest when I am calm and centered.
- That I can say no to myself without feeling deprived.
- That there will be enough for me of whatever I need.
- That I am resilient in the face of setbacks.
- That I find satisfaction in ordinary things.
- That I stay with projects until I complete them.
- That I care deeply about people and am committed to their happiness.
- That there is a spiritual dimension to my life.
- That I am profoundly grateful to be alive.

Don Richard Riso