



## Type Three Affirmations

### I now affirm:

- That I have value regardless of my achievements.
- That I am centered and emotionally available.
- That I am caring and have a good heart.
- That I take in the love others give me.
- That I am responsible to those who look up to me.
- That I am happy to work for the good of others.
- That I develop my true talents by accepting who I am.
- That I delight in the accomplishments and successes of others.
- That I can reveal my real self without being afraid.

**Don Richard Riso**