

Daily Affirmations

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Enneagram Type One



I love myself as I am right now.



I choose to be happy instead of right.



I let go of what I cannot change.



I am forgiving of myself and others.



I let go of my anger and frustration.



I make mistakes and move on.



I accept that no one is perfect.



I do the best I can.



I am perfect in all my imperfections.



I release my need to control others.



I embrace myself completely.



I am enough.