

# Daily Affirmations

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## Enneagram Type Three



I am happy to simply be, rather than do.



I know my worth.



I take time to rest.



I can be my true self.



I embrace life with an open heart.



I am doing my best and that is enough.



I release the need to compete with others.



I understand that if something is a failure, I am not a failure.



I am worthy and valuable, no matter how much I do and accomplish.



I choose connection with myself and others over progress and achievement.



I let go of the need to achieve in order to feel valuable.



I am enough.