

# Daily Affirmations

# 5

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## Enneagram Type Five

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I embrace myself for who I am.



I need others and others need me.



I am capable and resilient, even when I don't feel it.



I am kind to myself and make wellness a priority.



I welcome other perspectives, concepts and ideas.



I believe in abundance of all things.



I have faith in the future.



I celebrate progress and not perfection.



I engage fully with the world.



I feel calm and centered.



I know enough to move forward.



I am enough.