

# Daily Affirmations



Enneagram Type Seven



I am satisfied with what I have.



I am grateful for every experience.



I am patient with my discomfort.



I am calm and feel relaxed.



I am exactly where I need to be.



I choose to stay present in every moment and be where my feet are.



I trust the timing of my life.



I see things through to completion.



I find freedom in restraint and limitations.



I let go of the fear of missing out.



I am in tune with my intuition.



I am enough.