

Daily Affirmations

9

Enneagram Type Nine



I honour my own needs and desires.



I speak up and speak my truth.



I am not responsible for others' happiness.



I act, rather than procrastinate.



I can be kind while maintaining healthy boundaries.



I am strong, confident and capable.



I take care of my body and wellbeing.



I am willing to show others the real me.



I have my own unique identity.



I am learning to let my walls down.



I let go of the need to go along with others just to maintain the peace.



I am enough.