

Daily Affirmations

1

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.



Daily Affirmations

2

Enneagram Type Two



I am deserving of love and respect.



I am loved for who I am, not what I do.



I ask for help when I need it.



I know my worth.



I let go of others' opinions.



I am peaceful and calm.



I give and receive love generously.



I am responsible for my own happiness.



I love without expectations.



I take time for myself.



I am in touch with my emotional needs.



I am enough.

Daily Affirmations

3

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.

Daily Affirmations

4

Enneagram Type Four



I choose to be happy and love myself.



I am more than my feelings.



I am exactly where I am supposed to be.



I choose joy over perfection.



I engage with, rather than withdraw, from others.



I choose to move towards community and not comparison.



I am constantly growing.



I am significant and I belong.



I bring beauty to the world.



I see beauty in the ordinary.



I already have everything I need.



I am enough.

Daily Affirmations

5

Enneagram Type Five



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.

Daily Affirmations

6

Enneagram Type Six



I am secure within myself.



I am worthy of love.



I can trust my intuition.



I am in charge of my thoughts.



I trust that my needs will be met.



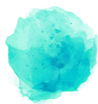
I release all fear of the future.



I am playful and engaging.



I let go of my worries and I choose peace.



I trust myself.



I am accepting, rather than defensive.



I choose to think positively.



I am enough.

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.



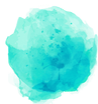
I choose to stay present in every moment and be where my feet are.



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.

Daily Affirmations



Enneagram Type Eight



I can find strength in vulnerability.



I embrace my warm-hearted nature.



I can trust other people.



I release my anger, and replace it with gratitude.



I choose to connect to my inner self.



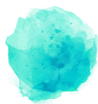
I know when to push and when to rest.



I am willing to accept new perspectives.



I use my power to assist others.



I release control - I don't need to always protect myself.



I am learning to let my walls down and be more vulnerable.



I choose to be happy than right.



I am enough.



Daily Affirmations

9

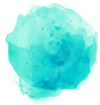
Enneagram Type Nine



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.