

# Daily Affirmations

Covey's concept of Dependent > Independent > Interdependent

“Interdependent people combine their own efforts with the efforts of others to achieve their greatest success.”

- Covey

Stay curious rather than anxious

I recover between stress spikes

I maintain a positive self-concept

I show up with curiosity.

I'm the agent that remembers the details.

My reputation is one thing that AI can't replace.

I bring calm, clarity, and psychological safety

My job is not to out-data the algorithms — it's to help clients interpret the data.

Turn the Negative to a Positive.

# **Daily Affirmation**

**I sacrifice what I want now for what I want eventually.**

**I focus on myself and future only.  
This is the future that I will  
manifest.**

**"Slow down"**