

Root Chakra Affirmations



I am safe and secure.
My roots are deep, I am not shaken.
I am exactly where I am supposed to be.
I am grounded.
I am centered.
I feel secure.
I feel connected to the earth.
I am supported.
I stand for my values.
I am powerful, rooted, and strong.

Solar Plexus Affirmations



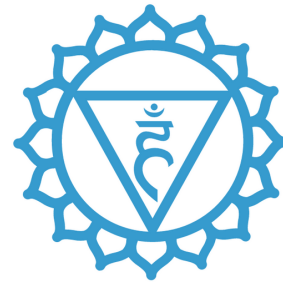
I stand in my personal power.
I am brave.
I am strong.
I am competent and capable.
I embrace my inner fire.
My courage is bigger than my fears.
I am successful.
I am proud of myself.
I move with confidence.
I respect myself.

Heart Chakra Affirmations



I let go of past hurts.
I forgive others who have wronged me.
I release grudges I still carry.
I forgive myself for my mistakes.
I am thankful for everything I have.
I am not my worst day.
I love my unique self.
I accept myself just as I am.
I am willing to experience joy.
I am loved.
I choose to be happy.

Throat Chakra Affirmations



I express my needs clearly.
I am unafraid to speak truth.
I am worthy of being heard.
I communicate with kindness.
I am honest about who I am.
I speak up for myself.
My voice is a strength.
I express my gratitude toward others.
I use my words for building up.