

## Heart Chakra Affirmations

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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.

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