



CHAKRA AFFIRMATIONS



PRESENTED BY THE NATURAL APHEAL LLC

Crown

I am unapologetically me.
I am an extension of the universe and the universe is an extension of me.

Third Eye

I am aware of my sense of self.
I am connected, focused, and aware.

Throat

I am calm and I am confident.
I speak my truth.

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Heart

I love myself for who I was, who I am, and who I am becoming.
I love (Insert noun or pronoun).

Solar Plexus

I do have what it takes.
I will complete my goals.

Sacral

I want (Insert Goal).
I feel (Insert positive mood or feeling).

Root

I am enough and I am worthy.
I am grounded and I am secure.

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