

PHASE 6:
EMPOWERING SELF-
WORTH AND
OVERCOMING
LIMITING BELIEFS



EMPOWERING BELIEF STATEMENTS

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Creating empowering belief statements is a powerful way to align your thoughts and beliefs with your goals and desires. To craft these statements using the chakras and "I" statements, follow this how-to guide

1. **Root Chakra:** "I am Grounded and Secure."

Description: The root chakra represents stability and security. This statement grounds you in feelings of safety and stability.

- Use this affirmation when facing financial or stability challenges.
- Daily Task: As you face work or financial decisions, repeat this affirmation to stay grounded and make secure choices.
- Mindset Reframing: When you feel anxious, use this affirmation to regain a sense of security and stability.

here are some empowering "I am" statements to boost your self-confidence, self-esteem, and overall self-belief:

1. "I am deserving of love and respect."
2. "I am in control of my thoughts and emotions."
3. "I am resilient and can overcome any challenge."
4. "I am a positive force in the world."
5. "I am constantly growing and evolving."
6. "I am worthy of success and happiness."
7. "I am a magnet for abundance and opportunities."
8. "I am a source of inspiration for others."
9. "I am at peace with my past and excited for my future."

2. **Sacral Chakra:** "I feel creative and passionate."

Description: The sacral chakra is associated with creativity and passion. This statement ignites your creative energy.

- Utilize this affirmation when seeking inspiration or motivation.
- Daily Task: When engaging in creative tasks, say this to ignite your passion and creativity.
- Mindset Reframing: If you're feeling uninspired, repeat this affirmation to awaken your creative energy.

Here are some empowering "I feel" statements to help you connect with your emotions and foster a positive emotional state:

1. "I feel a deep sense of contentment and inner peace."
2. "I feel grateful for the abundance in my life."
3. "I feel confident in my abilities and decisions."
4. "I feel the power of love and compassion within me."
5. "I feel excited about the opportunities that lie ahead."
6. "I feel a strong connection to my inner wisdom and intuition."
7. "I feel the joy of living in the present moment."
8. "I feel the warmth of kindness and empathy in my heart."
9. "I feel inspired to make a positive impact on the world."
10. "I feel a sense of resilience and strength in every challenge."



3. **Solar Plexus Chakra:** "I Do with Confidence and Purpose."

Description: The solar plexus chakra represents confidence and personal power. This statement enhances your sense of self-assured action.

- Use this affirmation to boost self-confidence and motivation.
- Daily Task: Before taking on a challenging task or project, affirm your confidence and purpose.
- Mindset Reframing: In moments of self-doubt, repeat this to regain confidence and clarity of purpose.

Here are some empowering "I do" statements that can inspire action and achievement:

1. "I do take consistent steps towards my goals."
2. "I do embrace challenges as opportunities for growth."
3. "I do approach every task with dedication and enthusiasm."
4. "I do practice self-care to maintain my well-being."
5. "I do make choices that align with my values and priorities."
6. "I do express gratitude for every moment of my life."
7. "I do strive to learn and improve every day."
8. "I do share my knowledge and wisdom with others."
9. "I do create positive change in my community."
10. "I do surround myself with people who uplift and support me."

4. **Heart Chakra:** "I Love and am Loved Unconditionally."

Description: The heart chakra is about love and compassion. This statement encourages love and acceptance.

- Employ this affirmation to foster love and compassion.
- Daily Task: Before interactions with loved ones or when faced with difficult relationships, remember this affirmation.
- Mindset Reframing: When you experience self-criticism or struggle with forgiveness, use this affirmation to embrace self-love and compassion.

Here are some empowering "I love" statements to cultivate and express love and positivity:

1. "I love and accept myself unconditionally."
2. "I love the beauty and wonder of the world around me."
3. "I love the feeling of gratitude that fills my heart."
4. "I love embracing challenges as stepping stones to success."
5. "I love the sense of purpose and direction in my life."
6. "I love the creativity and inspiration that flow through me."
7. "I love nurturing my body, mind, and spirit with self-care."
8. "I love the abundance and opportunities that come my way."
9. "I love the energy and vitality that fill my being."

5. **Throat Chakra:** "I Speak My Truth with Clarity."

Description: The throat chakra relates to communication and self-expression. This statement empowers your ability to speak your truth.

- Use this affirmation to enhance communication and self-expression.
- Daily Task: Before important conversations, interviews, or public speaking, state this affirmation to speak with confidence.
- Mindset Reframing: If you're holding back your thoughts or emotions, repeat this to find your voice and express your truth.

Here are some empowering "I speak" statements to encourage effective communication and self-expression:

1. "I speak my truth with confidence and clarity."
2. "I speak with kindness and empathy in my interactions."
3. "I speak up for what I believe in with courage."
4. "I speak words of encouragement and support to others."
5. "I speak to inspire and uplift those around me."
6. "I speak with intention, knowing the power of my words."
7. "I speak assertively when setting healthy boundaries."
8. "I speak words of gratitude for the blessings in my life."
9. "I speak with authenticity and honesty in all my relationships."

6. **Third Eye Chakra:** "I See Clearly and Intuitively."

Description: The third eye chakra is associated with intuition and insight. This statement enhances your perception and inner wisdom.

- Employ this affirmation to gain insight and intuition.
- Daily Task: Use this when making decisions or seeking guidance from within.
- Mindset Reframing: When faced with confusion or uncertainty, say this to connect with your inner wisdom.

Here are some empowering "I see" statements to enhance your perspective and cultivate awareness:

1. "I see the beauty and potential in every moment."
2. "I see the goodness and kindness in people's hearts."
3. "I see the opportunities that challenges bring."
4. "I see the wisdom and lessons in my life experiences."
5. "I see the interconnectedness of all living beings."
6. "I see the wonder and magic in everyday life."
7. "I see the potential for growth and transformation within me."
8. "I see the power of positive thinking and intention."
9. "I see the path to my dreams and aspirations."
10. "I see the light within me that guides my way."
11. "I see the potential for positive change in the world."
12. "I see the unique gifts and talents I possess."

7. **Crown Chakra:** "I Know and Trust the Universe."

Description: The crown chakra is about higher knowledge and connection to the universe. This statement fosters trust and divine connection.

- Utilize this affirmation for spiritual connection and trust.
- Daily Task: When seeking guidance, ask for divine wisdom, and trust in the universe's plan.
- Mindset Reframing: In moments of doubt or fear, use this affirmation to reconnect with trust and surrender.

Here are some empowering "I know" statements to boost your confidence and affirm your knowledge and wisdom:

1. "I know I have the strength to overcome any challenge."
2. "I know my worth, and I value myself deeply."
3. "I know I am on the right path to my dreams and goals."
4. "I know my intuition is a reliable guide in my life."
5. "I know I am constantly growing and evolving."
6. "I know my experiences have shaped me into a better person."
7. "I know I am capable of creating a positive impact."
8. "I know that self-compassion is essential for well-being."
9. "I know that my potential is limitless."
10. "I know that learning and curiosity are key to success."
11. "I know that love and kindness have transformative power."

8. **Regular Practice:**

- Incorporate these empowering belief statements into your daily routine. Recite them in the morning or before sleep.
- Feel the truth and power in these statements as you repeat them regularly.

9. **Visualization and Meditation:**

- Accompany your belief statements with visualization and meditation related to each chakra to amplify their effects.
- Imagine each chakra glowing with its respective color and resonating with its unique qualities.

10. **Affirmation Reinforcement:**

- When you encounter self-doubt or challenges, return to your empowering belief statements to reinforce your self-belief and align your thoughts with your goals and desires.

By following this how-to guide, you can create and use empowering belief statements that align with your chakras and "I" statements, empowering your thoughts, beliefs, and actions as you work toward your goals and desires. This practice can help you harness your internal energy centers to achieve personal growth and empowerment.