

CHAKRA AFFIRMATIONS!

ROOT: I AM SAFE AND SUPPORTED

SACRAL: I AM JOYFUL, SPONTANEOUS AND CREATIVE

SOLAR PLEXUS: I ACT WITH COURAGE AND STRENGTH

HEART: I AM CALM, PRESENT, AND CENTERED

THROAT: IT IS SAFE TO SPEAK MY TRUTH

BROW: I LIVE MY LIFE WITH CLARITY AND INSIGHT

CROWN: EVERYTHING IS AS IT SHOULD BE