

# 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