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*