



HEART CHAKRA AFFIRMATIONS

I AM LOVED, LOVING, AND LOVABLE.

I AM PATIENT, PEACEFUL, AND CALM.

I RADIATE PURE LOVE, LIGHT, AND POSITIVITY.

I CHOOSE TO BE KIND TO MYSELF AND LOVE MYSELF UNCONDITIONALLY.

I AM ALIGNED WITH THE HIGHEST FREQUENCY OF LOVE.

I FULLY LOVE AND EMBRACE WHO I AM, EVEN AS I CONTINUE TO GROW.

MY HEART IS OPEN, LOVING, AND PURE.

I CHOOSE CONNECTION OVER DIVISION.

I CHOOSE COMPASSION OVER JUDGMENT.

I GIVE AND RECEIVE LOVE EFFORTLESSLY AND UNCONDITIONALLY.

I AM WORTHY OF PRAISE, ADORATION, AND UNCONDITIONAL LOVE.

I AM ALWAYS DESERVING OF LOVE.

I AM VIBRATING POSITIVE, LOVING ENERGY, AND I ATTRACT THIS SAME ENERGY IN RETURN.

I AM A BEACON OF LOVE AND COMPASSION.

I AM ABLE TO LIVE IN LOVE.

I LEAD WITH LOVE.

I AM KIND, GENEROUS, AND COMPASSIONATE.

I EMBRACE SILENCE AND KNOW DEEP INNER PEACE.

I LOVE AND ACCEPT MYSELF FOR EXACTLY THE PERSON I AM RIGHT NOW.

I ALLOW MYSELF TO ACCEPT AND RECEIVE LOVE FROM MYSELF AND OTHERS.

I SHOW COMPASSION FOR MYSELF ALWAYS.

I CULTIVATE DEEP COURAGE AND COMPASSION WITHIN MY BODY, MIND, AND SPIRIT.



HEART CHAKRA AFFIRMATIONS

I EMBRACE MY GIFTS AND MY IMPERFECTIONS EQUALLY; I LOVE EVERY PART OF ME FULLY AND UNCONDITIONALLY.

LOVE AND COMPASSION ARE MY SUPERPOWERS, AND THEY WILL CARRY ME AS FAR AS I WANT TO GO.

I AM DEEPLY COMPASSIONATE AND ALLOW MYSELF THE GRACE OF IMPERFECTION.

MY HEART IS GRATEFUL AND MY MIND IS AT PEACE.

EVERY DAY, I LOVE MYSELF A LITTLE MORE.

I CHOOSE TO LOVE MYSELF AS DEEPLY AS I LOVE OTHERS.

I LOVINGLY NURTURE MY MIND, BODY, AND SPIRIT.

I AM AT PEACE WITH MY PAST; I AM IN LOVE WITH MY PRESENT.

I AM AT PEACE WITH ALL THAT HAS HAPPENED, IS HAPPENING, AND WILL HAPPEN.

I AM A LOVING AND POWERFUL FORCE IN THE WORLD.

I HONOR MY HEART. I HONOR MY LOVING ENERGY. I HONOR WHO I AM.

I GIVE MYSELF THE GIFT OF UNCONDITIONAL LOVE, COMPASSION, AND PEACE.

EVERY CELL IN MY BODY IS VIBRATING AT THE FREQUENCY OF LOVE.

WHEN I'M UNSURE WHERE TO GO NEXT, I FOLLOW THE PATH THAT FEELS MOST LIKE LOVE.

I AM WORTHY OF AUTHENTIC, WHOLEHEARTED, UNCONDITIONAL LOVE.

I FULLY LOVE THE STRONG, POWERFUL, DIVINE HUMAN STARING BACK AT ME IN THE MIRROR.

I INHALE LOVE FOR MYSELF; I EXHALE SELF-CRITICISM AND SELF-DOUBT.

I AM LOVE.