



ROOT CHAKRA AFFIRMATIONS

I AM SAFE AND SECURE.

I AM ROOTED IN THIS PRESENT MOMENT.

I AM STRONG, STEADY, AND GROUNDED.

I HAVE ACCESS TO ALL THE RESOURCES I NEED TO SURVIVE AND THRIVE.

I AM EQUIPPED WITH ALL THE TOOLS I NEED TO SUCCEED.

EVERYTHING I NEED COMES TO ME AT EXACTLY THE RIGHT PLACE AND TIME.

I VIBRATE POWERFUL, ABUNDANT, PEACEFUL ENERGY AND ATTRACT THIS SAME ENERGY IN RETURN.

DEEP INNER PEACE IS MY NATURAL STATE.

EVEN WHEN THE WORLD AROUND ME FEELS CHAOTIC, I REMAIN ROOTED FIRMLY TO THE GROUND.

ALL MY NEEDS ARE ALWAYS MET.

I AM EXACTLY WHERE I'M MEANT TO BE.

IT IS RIGHT TO BE EXACTLY AS I AM.

IT IS RIGHT TO BE EXACTLY WHERE I AM.

I HAVE EVERYTHING I NEED.

I FEEL SAFE IN MY BODY.

MY BODY ALWAYS TAKES CARE OF ME.

MY BODY IS MY HOME, AND I PLEDGE TO ALWAYS BUILD IT UP AND NEVER TEAR IT DOWN.

MY BODY IS A SAFE HOME FOR MY RADIANT SPIRIT.

EVERY CELL OF MY BODY SUPPORTS MY TOTAL WELLBEING.

I AM HEALTHY, WELL, AND STRONG.



ROOT CHAKRA AFFIRMATIONS

I AM FILLED WITH RADIANT ENERGY AND ENDLESS VITALITY.

I WAKE UP EVERY DAY FEELING STRONG, ENERGIZED, AND EMPOWERED.

AS THE SUN RISES, SO DOES MY ENERGY.

I AM ONE WITH MY TRUE SELF.

I FEEL SECURE IN MY PLACE IN LIFE.

I INHALE TRUST AND EXHALE FEAR.

I INHALE PEACE AND EXHALE ANYTHING THAT NO LONGER SERVES ME.

I AM ALWAYS SUPPORTED AND PROTECTED.

I FEEL PEACEFUL, GROUNDED, AND SECURE.

LIKE A TREE, I AM ROOTED FIRMLY TO THE EARTH.

I AM GRATEFUL TO KNOW THAT I AM ALWAYS DEEPLY LOVED AND SUPPORTED
BY THIS UNIVERSE.

I DEEPLY APPRECIATE MY ABILITY TO REMAIN CALM AND PEACEFUL IN ALL
SITUATIONS.

I AM GRATEFUL FOR THE ABUNDANCE OF STRENGTH THAT RADIATES
THROUGHOUT MY ENTIRE BODY.

I BUILD MY LIFE ON THE FOUNDATION OF FAITH, PEACE, LOVE, AND TRUST.

I AM WHOLE AND COMPLETE, EXACTLY AS I AM.