



SOLAR PLEXUS CHAKRA AFFIRMATIONS

I AM STRONG, POWERFUL, AND CONFIDENT.

I CAN ACHIEVE ANYTHING I SET MY MIND TO.

I AM MOTIVATED, PERSISTENT, AND SUCCESSFUL.

I WHOLEHEARTEDLY BELIEVE IN MYSELF.

I CAN ACCOMPLISH INCREDIBLE THINGS.

I CONFIDENTLY WELCOME NEW EXPERIENCES.

I AM COMPETENT, CAPABLE, AND STRONG.

I RADIATE CONFIDENCE AND POSITIVITY.

I AM ALIGNED WITH MY PURPOSE.

I AM MY HIGHEST AND MOST AUTHENTIC SELF.

I AM ENOUGH, JUST AS I AM.

I HAVE THE CONFIDENCE AND POWER TO TAKE BIG LEAPS.

I CONFIDENTLY AND FEARLESSLY BELIEVE IN MYSELF.

I WILL NOT SETTLE FOR LESS THAN I DESERVE.

I AM PURE, POSITIVE ENERGY.

I HOLD THE KEY TO MY OWN HAPPINESS.

LIMITLESS JOY IS MY BIRTHRIGHT.

I AM WORTHY, STRONG, POWERFUL, COURAGEOUS, AND ALWAYS ENOUGH.



SOLAR PLEXUS CHAKRA AFFIRMATIONS

I AM TAKING BOLD STEPS AND WALKING FORWARD WITH CONFIDENCE AND SELF-BELIEF.

I AM RADIANT, BEAUTIFUL, AND THRIVING.

I KNOW MY VALUE AND WILL NOT LESSEN OR SHRINK MYSELF FOR ANYTHING OR ANYONE.

I HAVE THE STRENGTH AND COURAGE TO HANDLE ANYTHING THAT COMES MY WAY.

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

MY SOUL IS RADIANT, MY BODY IS STRONG, AND MY MIND IS BRILLIANT.

I AM FEARLESS IN THE PURSUIT OF WHAT SETS MY SOUL ON FIRE.

I HAVE THE COURAGE AND CONFIDENCE TO ACCEPT MY DREAMS AS REALITY.

WHERE FOCUS GOES, ENERGY FLOWS, SO I FOCUS ON CONFIDENCE, SUCCESS, AND PROSPERITY.

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

I AM THE ONLY ONE WHO CAN DETERMINE MY SELF-WORTH.

I AM ALIGNED WITH MY GUIDING PRINCIPLES, VALUES, AND PURPOSE.

I AM WORTHY OF RESPECT FROM MYSELF AND OTHERS.

I STAND IN THE JOY I CREATE FROM WITHIN.

I LOVE THE PERSON I AM, BOTH INSIDE AND OUT.

I AM PERFECT, WHOLE, AND COMPLETE.

I AM ENOUGH. I HAVE ALWAYS BEEN ENOUGH. I WILL ALWAYS BE ENOUGH.