



## THROAT CHAKRA AFFIRMATIONS

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I AM ABLE TO CALMLY AND EFFECTIVELY SPEAK MY TRUTH.

I LIVE AN HONEST, AUTHENTIC, WHOLEHEARTED LIFE.

MY VOICE MATTERS.

MY WORDS ARE POWERFUL.

I EXPRESS MYSELF CLEARLY AND OPENLY.

I SPEAK WITH CALM, CLARITY, AND CONFIDENCE.

I AM ABLE TO CALMLY AND EFFECTIVELY SPEAK MY TRUTH.

I SPEAK WITH COURAGE, COMPASSION, AND LOVE.

I AM A CLEAR AND EFFECTIVE COMMUNICATOR.

I FIND CREATIVE WAYS TO COMMUNICATE MY SELF-EXPRESSION.

WHEN I SPEAK, OTHERS LISTEN.

I ADD VALUE TO EVERY CONVERSATION I PARTICIPATE IN.

MY INSIGHT IS WELCOME, NEEDED, AND VALUABLE.

I AM EMPOWERED TO SPEAK MY TRUTH.

I EMBRACE SILENCE AND KNOW DEEP INNER PEACE.

I AM A GOOD LISTENER AND GIVE OTHERS MY UNDIVIDED ATTENTION WHEN THEY SPEAK.

I VALUE THE WORDS OF OTHERS.

I CARRY MYSELF WITH INTEGRITY.

I REMAIN TRUE TO MYSELF IN ALL THAT I SAY AND DO.



## THROAT CHAKRA AFFIRMATIONS

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I CHOOSE AUTHENTICITY OVER PERFECTION.

I HAVE THE COURAGE TO BE MY TRUE AND AUTHENTIC SELF.

IT IS SAFE FOR ME TO SHOW MY TRUE SELF TO THE WORLD.

I COURAGEOUSLY REMOVE MY MASK AND ALLOW MY TRUE SELF TO BE SEEN.

I RELEASE THE NEED TO BE PERFECT AND EMBRACE MY BEAUTIFULLY IMPERFECT SELF.

I CHOOSE TO BE HONEST AND VULNERABLE, EVEN WHEN I'M AFRAID.

IT IS SAFE FOR ME TO SPEAK MY TRUTH.

I SPEAK FROM A PLACE OF LOVE, COURAGE, AND TRUTH.

WHEN I COURAGEOUSLY SPEAK MY TRUTH, I GIVE OTHERS THE CONFIDENCE TO SPEAK THEIRS AS WELL.

I AM CALM, PATIENT, AND PEACEFUL.

I RADIATE CALM, PEACE, AND SERENITY.

I EMBRACE MY ABILITY TO REMAIN CALM IN ALL SITUATIONS.

I CHOOSE TO BE PATIENT WITH MYSELF AND OTHERS.

HONESTY, INTEGRITY, AND AUTHENTICITY ARE MY GUIDING PRINCIPLES.

I STAY TRUE TO MYSELF ALWAYS.

WHEN I SHARE MY WORDS, I SHARE MY LIGHT.

MY VOICE, WORDS, IDEAS, AND PRESENCE ALL MATTER. THE WORLD NEEDS THE MAGIC INSIDE OF ME.