Positive Affirmations Guide

**Affirmations For Blocked Crown Chakra:**

* I honor the divine within me
* I am worthy of love from divine energy
* I am guided by a higher power and inner wisdom

**Affirmations For Blocked Third Eye Chakra:**

* I am wise intuitive, and connected to my inner guidance
* Every situation is an opportunity for growth
* I trust my intuition always

**Affirmations For Blocked Throat Chakra:**

* I speak my truth freely and openly
* I am safe and trust others to allow me to express myself truthfully
* I alone am accountable for expressing myself clearly

**Affirmations For Blocked Heart Chakra:**

* I am worthy of love
* I am loving to others and to myself
* I forgive myself, I forgive others

**Affirmations For Blocked Solar Plexus Chakra:**

* I stand in my power
* I honor the power within me, I honor myself
* The fire within me burns through all blocks and fears

**Affirmations For Blocked Sacral Chakra:**

* I attract people who treat me with respect
* I am a creative being
* I honor the sacred body in which my soul resides

**Affirmations For Blocked Root Chakra:**

* I am here and I am safe
* With every breath, I release the anxiety and fear within me
* I am safe, protected and guided in this world

**Affirmations For Letting Go Of Limiting Beliefs:**

* I am a powerful being
* I accept who I am
* Who I am is enough
* I am in control of my life
* I am meant to have an amazing life
* My wants and needs are just as important as anyone else's
* I am a likeable and loving person
* I deserve to be cared for

**Affirmations For Easing Anger:**

* I am a calm and loving person
* I am in control of my life and emotions
* I transform and heal my anger to passion and choose to use the energy positively

**Affirmations For Parenting:**

* I am good parent

**Affirmations For Fear:**

* I have nothing to be afraid of
* I am strong independence and courageous