



# THE FIRST CHAKRA

Answer the questions below using a scale of 1 to 10. 10 being the highest, 1 being the absolute lowest.

How would you rate your home life? \_\_\_\_

Your connection to nature? \_\_\_\_

Your feelings of security and groundedness? \_\_\_\_

Your relationship to your purpose? \_\_\_\_

How strongly do you feel that YOU have a "right to be here"? \_\_\_\_

How strongly do you feel at home in your body? \_\_\_\_

## ROOT CHAKRA AFFIRMATIONS

Say these out loud to stimulate your Root Energy...

I feel at home in my body.  
 I feel at peace in my body.  
 I have a right to be here.  
 I feel connected to the earth.  
 I take care of my body by treating it well and nourishing it with healthy foods.  
 I don't force my body to do anything. I allow it rest when it needs it.  
 I feel so grounded and secure on this planet.  
 I am safe.  
 It's okay to feel my fear fully so that I can then release it.  
 Since I am so deeply rooted, I have the confidence to grow and evolve.

Spend time walking and breathing in nature, as often as you can! This will help to stimulate your root and ground you deeply.

**I have a right to be here.**



# THE SECOND CHAKRA

Answer the questions below using a scale of 1 to 10. 10 being the highest, 1 being the absolute lowest.

How would you rate your sex life? \_\_\_\_

Your ability to express emotions? \_\_\_\_

Your creative flow? \_\_\_\_

Your ability to feel pleasure? \_\_\_\_

How strongly do you feel that YOU have a "right to feel"? \_\_\_\_

How in touch with your sensuality are you? \_\_\_\_

## SACRAL CHAKRA AFFIRMATIONS

Say these out loud to stimulate your Sacral Energy...

I surrender to the feeling of pleasure.  
 I don't feel any guilt about feeling pleasure.  
 I feel my emotions fully, no matter how uncomfortable they might be.  
 I stay present to what I'm feeling.  
 I feel alive and sensual.  
 My sexuality is sacred.  
 I am sacred.  
 I am a creative and passionate being.  
 I am fulfilled.

Spend time exploring your senses! Place all of your attention on seeing, touching, smelling, tasting, and hearing. Go slowly and take not a single sensation for granted!

**I have a right to feel.**



# THE THIRD CHAKRA

Answer the questions below using a scale of 1 to 10. 10 being the highest, 1 being the absolute lowest.

How would you rate your confidence level? \_\_\_\_

Your ability to take action? \_\_\_\_

Your ability to stand up for yourself? \_\_\_\_

How strongly do you feel that YOU have a "right to act"? \_\_\_\_

How stable and strong do you feel at your core? \_\_\_\_

## SOLAR PLEXUS CHAKRA AFFIRMATIONS

Say these out loud to stimulate your Solar Plexus Energy...

I am confident.

I am worthy.

My gifts and talents are much-needed on this planet.

It feels good to take action on my plans and dreams.

I express my authentic self in a powerful way.

I am strong.

I don't let other people or situations control me. I am in charge of how I feel and how I act in the world.

Take the time to massage your Solar Plexus in a circular motion. Feel the warmth from your hands energizing the area.

**I have a right to act.**



# THE FOURTH CHAKRA

Answer the questions below using a scale of 1 to 10. 10 being the highest, 1 being the absolute lowest.

How would you rate the love you have for yourself? \_\_\_\_

Your ability to feel compassion for others? \_\_\_\_

Your ability to communicate from the heart? \_\_\_\_

How would you rate your feelings of connection and closeness with the people you love? \_\_\_\_

How would you rate your ability to forgive? \_\_\_\_

## HEART CHAKRA AFFIRMATIONS

Say these out loud to stimulate your Heart Energy...

I am love.  
 I am lovable.  
 I am wanted.  
 I carry love within me wherever I go.  
 Love is my superpower.  
 I release all judgment and welcome in love.  
 I feel deeply connected to all the people in my life.  
 My heart is open.  
 My heart is full of joy and gratitude.  
 I express my love through my words and actions.  
 I forgive myself and others.  
 People look at me and see the love shining out of my eyes.  
 Everything I do, I do with great love.

Be conscious of your heart space. Let all actions, words, and thoughts extend from the heart. Do every single thing with deep love.

**I have a right to love and be loved.**



# THE FIFTH CHAKRA

Answer the questions below using a scale of 1 to 10. 10 being the highest, 1 being the absolute lowest.

How would you rate your ability to speak your truth? \_\_\_\_

The power of your voice? \_\_\_\_

Your creative expression? \_\_\_\_

Your ability to really listen when others speak? \_\_\_\_

Your communication skills? \_\_\_\_

## THROAT CHAKRA AFFIRMATIONS

Say these out loud to stimulate your Throat Energy...

I express myself freely.  
 I communicate with love and openness.  
 I speak my truth.  
 My voice is powerful.  
 I am not afraid to express my thoughts and emotions.  
 I express everything from a place of love.  
 Everything I do is an expression of love and peace.

Use your fullest voice any chance you get. Sing. Chant. Open your throat up to the sky in a deep stretch. Picture your throat as a vast, open, blue sky.

**I have a right to speak and be heard.**



# THE SIXTH CHAKRA

Answer the questions below using a scale of 1 to 10. 10 being the highest, 1 being the absolute lowest.

How would you rate your psychic ability?

\_\_\_

Your intuition? \_\_\_

Your belief in things that your two eyes can't see? \_\_\_

Your connection to your inner wisdom?

\_\_\_

Your trust in the fact that you are your own best guru? \_\_\_

## THIRD EYE CHAKRA AFFIRMATIONS

I carry wisdom within me.  
I trust in my intuitive abilities.  
I am connected to my psychic power.  
I know that there is more to my life than what my two eyes can see.  
I feel connected to the universe.

Keep your mind clear and vibrant. The clearer your mind is, the more you will be able to hear your own inner guide.

**I have a right to see.**



# THE SEVENTH CHAKRA

Answer the questions below using a scale of 1 to 10. 10 being the highest, 1 being the absolute lowest.

How would you rate your feeling of connection to something greater? \_\_\_\_

Your feeling of being balanced? \_\_\_\_

Your feeling of oneness with all living things? \_\_\_\_

Higher wisdom? \_\_\_\_

A sense of bliss? \_\_\_\_

## CROWN CHAKRA AFFIRMATIONS

I feel connected to the universe.  
 I am in tune with source.  
 I honor the divine in me.  
 I honor the divine in all.  
 I am grateful to be here.  
 I feel deep trust.  
 I feel interconnected with all things.

You are never alone.  
 Meditate on the sky and feel its limitlessness pouring into you.

**I have a right to know.**