

100 Root Chakra Affirmations

I have located what exactly needs healing.
I am learning how to heal my energy.
I am taking steps to heal.
I feel better every day.
Healing is 100% possible.
Bit by bit, I am healing.
My energy is strengthening.
My base chakra is becoming stronger every day.
I'm beginning to feel grounded.
I'm feeling more and more secure.
I'm able to forgive.
I am able to let go.
I am grateful for my life.
I'm feeling more and more trusting.
I deserve to heal completely.
It is safe for me to heal.
It is safe to enjoy my life now.
I live in the moment.
I accept my journey.
I give myself grace.
I am safe.
I'm stable and secure.
I am supported.
I forgive.
I am free.
I am abundant.
I belong.
I am confident.
My path is clear.
I trust that everything will be ok, and more than ok!
Everything is working out for me.
I release the past.
I am ready to receive goodness & blessings.
I'm open to learning new things.
I am open to change and I trust my decisions.
I am inspired.



I feel good in my body.
My mind is positive and strong.
I do my best and my best is good enough.
My energy is clear; I'm a clean slate.
I am at ease.
I am healthy & balanced.
I am peaceful & serene.
I make healthy, loving, & empowering choices.
I accept and love myself.
I am developing healthy relationships.
I am treated fairly and with respect.
I am loved.
I have what I need.
All is well in my world.
I attract good energy, kindness, and friendliness.
I feel at home.
It's safe for me to feel relaxed.
I'm able to enjoy myself.
The Universe provides for me.
I am connected to the earth.
My spirituality strengthens me.
My roots are grounded.
I'm moving forward steadily.
My steps are confident.
I am opening energetically.
My energy is free.
I'm unencumbered by the past; it's a new day.
The possibilities are infinite.
I have many great choices available.
I am ready to receive pure goodness into my life.
I have support, safety, and stability.
I have enough money.
I have plenty of love.
I am strong and resilient.
My needs are met.
My world is safe and comfortable.
I can follow my heart.
I can be myself.
I am able to face challenges.



I feel a deep sense of joy and appreciation.
I am divinely supported and protected.
I am fortunate.
I have a lot to give.
I matter.
I am now activating my full potential.
I am successful.
I am victorious.
I am stronger & healthier than ever.
I receive incredible amounts of positive & loving universal energy.
I know it's ok to receive and that I deserve happiness.
I embrace nurturing & supportive energy.
I have all the safety, security, and stability I need.
I love being me including all of my beauty and my imperfections.
I love my home.
I love the people in my life.
I attract honest, kind people who I can trust.
I am a magnet for positive energy, good people, and joyful opportunities.
My energy is beautiful, clear and full of light.
I'm often pleasantly surprised by how awesomely things work out.
I am filled with knowledge and inner strength.
I feel a deep sense of relief and calm.
I am proud of how far I've come.
I'm completely secure and rooted.
I trust my intuition and intelligence.

