

Solar Plexus Affirmations

3rd Chakra

I am learning to trust myself

I value my soul's need to grow and develop

I value myself and know what is best for me

I am free to choose what is best for me

I am thankful for the past and ready to create a bright future

I am the sovereign authority in my life

I am always loved and secure

It is safe for me to succeed

I give myself permission to do what has been planted in my heart

My actions are in alignment with my desires

I am creating new, positive thoughts about myself and my life

I am learning to trust in my ability to direct my life; I am accountable for my decisions, even the poor ones are giving me valuable information.

I am learning to understand, quickly, what every experience is teaching me

New doors of opportunity are opening for me all the time

I give myself permission to thrive and prosper

I am gaining the ability to see things from multiple perspectives and value the differences in others