

GRATITUDE AFFIRMATIONS BY CHAKRA

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What is an affirmation?

The word “affirm” means to validate or confirm. In the mental health world, affirmations are short, encouraging statements that you can use to create a more positive frame of mind.

What are Chakras? Spiritual energy centers within the human body.



1. I am grateful for support.
2. I am grateful for relationships.
3. I am grateful for energy.
4. I am grateful for unconditional love.
5. I am grateful for healthy communication or I am grateful for self expression.
6. I am grateful for inspiration.
7. I am grateful for my intuition.
8. I am grateful for infinite possibilities.

Highly-sought instructor, author, speaker, and former Fortune 500 senior executive, Silvia is the creator of dozens of courses on topics focused on the manifestations of Love when applied to Mind, Body and Spirit. Featured on HuffPost, Gaia, MindBodyGreen and many more, her work is literally life-changing.

She has been inspiring happiness, global awareness, and joyful living for over twenty years.

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