



21 Energy Balancing Affirmations

I direct my energy to the present moment.

My energy is vibrant and flowing.

I clear any stagnant energy holding me back.

My partnerships reflect my positive, trustworthy energy.

I call my energy back from other people's problems and priorities.

I stay in balance by letting others run their part of the race.

I start where I am—no more delays or excuses!

My energy is stable, strong and steady.

I bring a creative, agile perspective to every meeting.

I use my energy in smart ways. I am on purpose.

I stay calm when challenges arise.

I overflow with enthusiasm and optimism.

Every area of my life radiates integrity.

I free myself from red flag relationships.

I align my daily activities with my priorities.

Being honest keeps me in balance.

I use my high energy to create exciting results.

I am magnetic and whole-hearted.

I clear energy blocks by changing my mind about what is possible.

I make shrewd energetic investments. I know when to say, "Pass!"

I reset at the end of each day using my inner wisdom.

Are you pressed for time?

*Hack your practice with
a single keyword!*

Vibrant

Flowing

Positive

Aligned

Magnetic