

■ Chakra Quiz

Discover the balance of your seven chakras through this self-assessment quiz. Answer each question honestly to reveal insights about your energy flow and areas that may need healing or alignment.

■ Root Chakra (Muladhara) – Security & Stability

1. How safe and secure do you feel in your daily life?
2. How do you feel about your financial situation?
3. How connected do you feel to your body?
4. How do you handle change?
5. How often do you spend time in nature?

■ Sacral Chakra (Svadhithana) – Emotions & Creativity

1. How freely do you express your emotions?
2. How is your creative energy?
3. How do you experience pleasure and joy?
4. How balanced are your relationships?
5. How comfortable are you with your sexuality?

■ Solar Plexus Chakra (Manipura) – Confidence & Power

1. How confident do you feel in making decisions?
2. How do you handle challenges?
3. How do you view your self-worth?
4. Do you feel in control of your life?
5. How motivated are you to pursue your goals?

■ Heart Chakra (Anahata) – Love & Compassion

1. How easily do you forgive others?
2. How compassionate are you toward yourself?
3. How are your relationships with others?

4. How open are you to giving and receiving love?
5. Do you feel connected to others and the world?

■ Throat Chakra (Vishuddha) – Communication & Truth

1. How easily do you express your truth?
2. How confident are you in speaking in public or groups?
3. How honest are you in your communication?
4. Do you listen actively to others?
5. How comfortable are you with setting boundaries?

■ Third Eye Chakra (Ajna) – Intuition & Clarity

1. How strong is your intuition?
2. How often do you trust your inner guidance?
3. How clear is your sense of purpose?
4. Do you pay attention to your dreams or inner visions?
5. How well do you see the “bigger picture” in situations?

■ Crown Chakra (Sahasrara) – Spiritual Connection

1. How connected do you feel to something greater than yourself?
2. How often do you practice mindfulness, meditation, or prayer?
3. How meaningful do you find life’s experiences?
4. How open are you to spiritual wisdom?
5. Do you feel inner peace?

■ Scoring System

Choose the option (A, B, C, or D) that best reflects you for each question.

Answer	Points
A	4 (Balanced)
B	3 (Slight imbalance)
C	2 (Underactive)

D	1 (Blocked/Overactive imbalance)
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■ Result Interpretation

16–20 points per chakra → Balanced, flowing energy ■

11–15 points per chakra → Slight imbalance, could use tuning ■

6–10 points per chakra → Underactive, energy blocked ■■

5 points or less per chakra → Strong imbalance, needs healing ■