

OWNER OF
SANKOFA
CREATIVE
HANDMADE
GEMSTONE
JEWELRY



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**Alchemy of The Phoenix
(book release summer 2020)**

Journaling Prompts for The Root Chakra

Journaling is a powerful tool that can be used to bring about growth and balance in your life. I have created these journaling prompts to help you assess the overall health of your Root Chakra.



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JOURNALING PROMPTS FOR THE ROOT CHAKRA

Do you feel like you tend to be impatient or short-tempered? If so, what things do you find set you off and why?

What qualities or habits do you think you could develop to promote more patience in your day to day life?

How do you define stability in your own life? What do you need to feel grounded and secure?

How do you feel about the life you have created for yourself at this point? What things are you thankful for and what things would you like to change?

JOURNALING PROMPTS FOR THE ROOT CHAKRA

How stable do you feel in your current situation?

What steps can you take to create more stability in your life?

Do you feel like you have a clear sense of direction?

What are some things you would like to focus your attention on and manifest in your life?

Do you believe you are deserving of the things you want for your life? _____

JOURNALING PROMPTS FOR THE ROOT CHAKRA

Do you regularly feel gratitude for what you have in your life right now? Use this space to list ten things you are thankful for in your current circumstances.
