

♥ **ROOT CHAKRA – Muladhara** • *Location: Base of spine*

Safety, security, stability, survival, trust

- How safe do I feel in my body and environment?
- Am I grounded and present or scattered and fearful?
- Do I feel supported—financially, emotionally, physically?

Energy Status (underline one before session + circle one after session):

Blocked | Weak | Balanced | Overactive

Affirmation: “**I am grounded, safe, and supported.**”

♥ **SACRAL CHAKRA – Svadhisthana** • *Location: Below navel*

Emotions, pleasure, creativity, intimacy

- Can I express my emotions without guilt or fear?
- Am I allowing myself to feel joy and creative flow?
- How connected am I to my sensual and emotional self?

Energy Status (underline one before session + circle one after session):

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Affirmation: “**I allow emotions and creativity to flow freely.**”

♥ **SOLAR PLEXUS CHAKRA – Manipura** • *Location: Upper abdomen*

Confidence, personal power, willpower, boundaries

- Am I confident in making decisions for myself?
- Do I feel empowered, or do I give away my power?
- How strong are my boundaries?

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Affirmation: “**I trust my power and honor my boundaries.**”

♥ **HEART CHAKRA – Anahata** • *Location: Center of chest*

Love, compassion, forgiveness, emotional healing

- Can I give and receive love easily?
- Am I holding onto any grief, resentment, or heartbreak?
- Do I love myself as I love others?

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Affirmation: “**I am worthy of love and I radiate compassion.**”

♥ **THROAT CHAKRA – Vishuddha** • *Location: Throat*

Expression, truth, communication, boundaries

- Do I express my needs clearly and confidently?
- Am I speaking my truth or hiding behind silence?
- Am I afraid of being misunderstood?

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Affirmation: “**I speak with clarity, truth, and grace.**”

♥ **THIRD EYE CHAKRA – Ajna** • *Location: Between eyebrows*

Intuition, clarity, inner wisdom, vision

- Do I trust my inner voice and gut instincts?
- Am I making space to receive intuitive guidance?
- Is my mind clear or cluttered?

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Affirmation: “**I trust my intuition and see with inner clarity.**”

♥ **CROWN CHAKRA – Sahasrara** • *Location: Top of head*

Spiritual connection, peace, purpose, divine wisdom

- Do I feel connected to something greater than myself?
- Am I open to spiritual guidance?
- Do I trust the flow of the universe?

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Affirmation: “**I am connected to the divine within and around me.**”