

Chakra Journal Prompts

Root Chakra (Muladhara)

Theme: Safety, Stability, Grounding

Affirmation: *"I am grounded, safe, and supported by the Earth."*

- What makes me feel truly safe and secure in my life?
 - Where in my body do I feel most grounded? Least grounded?
 - Are there places, people, or habits that help me feel rooted?
 - What fears keep me from feeling stable or supported?
 - What daily practices help me reconnect with the present moment?
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Sacral Chakra (Svadhithana)

Theme: Creativity, Emotions, Pleasure

Affirmation: *"I honor my emotions and allow my creativity to flow."*

- How do I currently express my creativity?
 - Are there emotions I avoid feeling or expressing? Why?
 - What brings me joy, pleasure, or sensual delight?
 - In what areas of life do I resist flow and spontaneity?
 - When was the last time I created something just for fun?
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Solar Plexus Chakra (Manipura)

Theme: Confidence, Power, Self-Worth

Affirmation: *"I am powerful, confident, and in control of my life."*

- When do I feel most confident and in my power?
 - What limiting beliefs do I hold about my worth or abilities?
 - Where in my life do I give away my power?
 - What boundaries do I need to set or strengthen?
 - How can I take bold, aligned action this week?
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Heart Chakra (Anahata)

Theme: Love, Compassion, Connection

Affirmation: *"I give and receive love freely and unconditionally."*

- How do I show love to myself on a regular basis?
 - Who do I need to forgive (including myself)?
 - What relationships feel aligned with my heart—and which don't?
 - When do I feel most open-hearted and connected?
 - What helps me keep my heart open during conflict or pain?
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💙 Throat Chakra (Vishuddha)

Theme: Communication, Truth, Self-Expression

Affirmation: *"I speak my truth with clarity, love, and confidence."*

- What truths have I been holding back or afraid to say?
 - How do I express myself creatively or verbally?
 - In what situations do I feel unheard or silenced?
 - What does authentic self-expression look like to me?
 - When was the last time I spoke up for myself—and how did it feel?
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💜 Third Eye Chakra (Ajna)

Theme: Intuition, Insight, Imagination

Affirmation: *"I trust my inner wisdom and divine guidance."*

- What is my intuition telling me right now?
 - When was a time I didn't listen to my gut—what happened?
 - How do I receive signs or guidance from the universe?
 - What practices help me tune into my inner knowing?
 - What dreams or visions keep returning to me?
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💖 Crown Chakra (Sahasrara)

Theme: Spirituality, Connection to the Divine, Enlightenment

Affirmation: *"I am connected to the universe and all that is."*

- What does spirituality mean to me personally?
- When do I feel most connected to something greater?
- What rituals or moments help me feel sacred or supported?
- How do I stay open to divine timing and universal wisdom?
- What limiting beliefs do I hold about spiritual worthiness?