

The Healing Factory Chakra Worksheet

Title: 7 Chakras Check-In: Energy Awareness & Alignment

1. ROOT CHAKRA – *Muladhara*

Location: Base of spine

Themes: 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 (circle one):

Blocked | Weak | Balanced | Overactive

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

2. SACRAL CHAKRA – *Svadhithana*

Location: Below navel

Themes: 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:

Blocked | Weak | Balanced | Overactive

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

3. SOLAR PLEXUS CHAKRA – *Manipura*

Location: Upper abdomen

Themes: 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?

Energy Status:

Blocked | Weak | Balanced | Overactive

Affirmation: *"I trust my power and honor my boundaries."*

4. HEART CHAKRA – *Anahata*

Location: Center of chest

Themes: 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?

Energy Status:

Blocked | Weak | Balanced | Overactive

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

● 5. THROAT CHAKRA – *Vishuddha*

Location: Throat

Themes: 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?

Energy Status:

Blocked | Weak | Balanced | Overactive

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

● 6. THIRD EYE CHAKRA – *Ajna*

Location: Between eyebrows

Themes: 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?

Energy Status:

Blocked | Weak | Balanced | Overactive

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

♡ 7. CROWN CHAKRA – *Sahasrara*

Location: Top of head

Themes: 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?

Energy Status:

Blocked | Weak | Balanced | Overactive

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