JOURNAL PROMPTS FOR SELF-REFLECTION

The following questions will help give you insight into which Chakras may be most useful for you to focus on.

Do you have "unfinished business" with any family members? If so, list the reasons that prevent you from healing this. (Root Chakra)

Do you have fears around not having your basic needs met (i.e. food, shelter, money)? How about when you were a child or youth? (Root Chakra)

Are you comfortable with your sexuality? Are you comfortable honoring your sexual boundaries? What is your attitude towards sex? (Sacral Chakra)

Do you consider yourself a creative person? How do you enjoy being creative? (Sacral Chakra)

Are you learning to set firm boundaries and conditions in a respectful and compassionate way? Or do you put other's needs before your own? (Solar Plexus)

sarahspeers.com Copyright 2020

How would you describe your self-esteem? What is the biggest thing affecting you from having better self-esteem? (Solar Plexus)

Do you feel like your heart is guarded and closed off? Do you have a hard time giving and receiving love and experiencing intimacy in relationships (Heart Chakra)

Is there any emotional wound that is still causing you heartache or a person you haven't forgiven for hurting you? (Heart Chakra)

Do you have a hard time speaking up for yourself out of fear of what others will say or do? (Throat Chakra)

Do you lie to yourself and others, or are you impeccable with your words? (Throat Chakra)

sarahspeers.com Copyright 2020

Do you fear looking within and exploring your fears? (Third Eye Chakra)

Have you ever had an experience when you “saw” or sensed something and then it happened? (Third Eye Chakra)

How would you describe your connection to your higher self and higher power? What do you do to maintain the quality of these connections? (Crown Chakra)

What do you feel at this time is your purpose in life? If you feel an absence of purpose, what is that like? (Crown Chakra)

sarahspeers.com Copyright 2020