



Chakra

Worksheet Set

Chakra Locations



Chakra *Worksheet Set*

Chakra Check-In

Date _____

How is the Root Chakra feeling today? What could be affecting it's balance?

How is the Sacral Chakra feeling today? What could be affecting it's balance?

How is the Solar Plexus Chakra feeling today? What could be affecting it's balance?

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How is the Heart Chakra feeling today? What could be affecting it's balance?

How is the Throat Chakra feeling today? What could be affecting it's balance?

How is the Third Eye Chakra feeling today? What could be affecting it's balance?

How is the Crown Chakra feeling today? What could be affecting it's balance?

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Chakra *Worksheet Set*

Chakra Imbalance Checklist

Are your chakras out of alignment? Use this checklist to help guide you. Refer to the chakra alignment cheatsheet to see a few quick ways to help.

ROOT CHAKRA

- Fearfulness
- Anxiety
- Feeling ungrounded
- Financial instability
- Neglecting physical health

HEART CHAKRA

- Lack of empathy
- Not accepting others
- Difficulty with relationships
- Holding grudges

CROWN CHAKRA

- Closed-mindedness
- Constant need of validation
- Cynicism
- Feeling disconnected

SACRAL CHAKRA

- Emotional instability
- Creativity blocks
- Difficulty with change
- Intimacy issues

THROAT CHAKRA

- Social anxiety
- Dishonesty
- Frequent throat ailments
- Difficulty expressing thoughts

SOLAR PLEXUS CHAKRA

- Low self esteem
- Control issues
- Poor decision making
- Lack of direction
- Difficulty with discipline

THIRD EYE CHAKRA

- Denial of reality
- Lack of intuition
- Forgetfulness
- Difficulty making decisions
- Poor vision

Results

Tally the amount of boxes checked in each section.

- _____ Root Chakra
- _____ Sacral Chakra
- _____ Solar Plexus Chakra
- _____ Heart Chakra
- _____ Throat Chakra
- _____ Third Eye Chakra
- _____ Crown Chakra

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Chakra Imbalance Cheatsheet

Root Chakra (Muladhara)



Location: Base of the spine

Color: Red

Signs of Imbalance: Feeling insecure, anxious, or ungrounded

Quick Tips:

Grounding Exercises: Walk barefoot on grass or soil.

Root Vegetables: Eat beets, carrots, and potatoes.

Meditation: Visualize a red light at the base of your spine.

Sacral Chakra (Svadhithana)



Location: Below the navel

Color: Orange

Signs of Imbalance: Lack of creativity, emotional instability

Quick Tips:

Creative Activities: Dance, paint, or write.

Water Element: Take a relaxing bath or spend time near water.

Meditation: Visualize an orange light in your lower abdomen.

Solar Plexus Chakra (Manipura)



Location: Upper abdomen

Color: Yellow

Signs of Imbalance: Low self-esteem, lack of control, digestive issues

Quick Tips:

Physical Activity: Engage in yoga, jogging, or other physical exercises.

Yellow Foods: Eat bananas, corn, and yellow peppers.

Meditation: Visualize a yellow light in your upper abdomen.

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Chakra Imbalance Cheatsheet

Heart Chakra (Anahata)



Location: Center of the chest

Color: Green

Signs of Imbalance: Difficulty in relationships, lack of empathy, chest pain

Quick Tips:

Heart-Opening Poses: Practice yoga poses like the camel or bridge pose.

Green Foods: Eat leafy greens, broccoli, and green tea.

Meditation: Visualize a green light in your chest.

Throat Chakra (Vishuddha)



Location: Throat

Color: Blue

Signs of Imbalance: Trouble expressing yourself, sore throat, neck pain

Quick Tips:

Speak Your Truth: Practice speaking openly and honestly.

Blue Foods: Eat blueberries and drink herbal teas.

Meditation: Visualize a blue light in your throat.

Third Eye Chakra (Ajna)



Location: Forehead, between the eyes

Color: Indigo

Signs of Imbalance: Lack of intuition, difficulty concentrating, headaches

Quick Tips:

Mindfulness Practices: Engage in meditation and visualization exercises.

Purple Foods: Eat grapes, blueberries, and purple cabbage.

Meditation: Visualize an indigo light between your eyebrows.

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Chakra Imbalance Cheatsheet

Crown Chakra (Sahasrara)



Location: Top of the head

Color: Violet or White

Signs of Imbalance: Feeling disconnected, lack of purpose, headaches

Quick Tips:

Spiritual Practices: Meditate, pray, or engage in activities that connect you to a higher power.

Nature: Spend time in nature to feel connected.

Meditation: Visualize a violet or white light at the top of your head.



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Get to Know the Chakras

Use this worksheet to write down the key traits of each different chakra.

The Chakras

	LOCATION	COLOR	ELEMENT	CHARACTERISTICS
ROOT				
SACRAL				
SOLAR PLEXUS				
HEART				
THROAT				
THIRD EYE				
CROWN				

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