

■ Chakra Analysis Scoring Sheet

■ Root Chakra (Muladhara)

Question	1	2	3	4	5
Do I feel safe and secure in my daily life?					
Do I trust that my basic needs will be met?					
Do I feel grounded and connected to the Earth?					
Do I feel I belong in the place and community I live?					
Do I feel at home in my own body?					
Am I able to slow down and rest when needed?					
Do I handle change with steadiness and trust?					
Do I feel stable in my finances and resources?					
Am I connected to my family roots and ancestry in a healthy way?					
Do I experience life with a sense of presence and grounding?					

■ Sacral Chakra (Svadhithana)

Question	1	2	3	4	5
Am I comfortable expressing my emotions openly?					
Do I allow myself to feel joy, pleasure, and playfulness?					
Do I feel free from guilt or shame around desire and intimacy?					
Do I feel creative and inspired in my life?					
Do I experience healthy, respectful relationships?					
Do I feel in touch with the natural flow of my emotions?					
Do I allow myself to receive as well as give?					
Do I embrace my sensuality and body without judgment?					
Do I feel emotionally flexible and able to adapt to change?					
Do I honor and nurture my inner child?					

■ Solar Plexus (Manipura)

Question	1	2	3	4	5
Do I feel confident in who I am?					
Do I take action on my goals and dreams with courage?					
Do I respect my personal boundaries and those of others?					

Do I feel strong and capable when facing challenges?					
Do I trust my inner strength and wisdom?					
Do I speak and act with self-assurance?					
Do I allow myself to shine without fear of judgment?					
Do I use my personal power responsibly and ethically?					
Do I celebrate my achievements without needing approval?					
Do I trust my ability to make decisions clearly?					

■ Heart Chakra (Anahata)

Question	1	2	3	4	5
Am I open to giving love without fear of rejection?					
Am I open to receiving love without resistance?					
Do I forgive myself and others with compassion?					
Do I live from a place of love rather than fear?					
Do I feel empathy and compassion for others?					
Do I feel connected to people, nature, and life itself?					
Do I balance caring for others with caring for myself?					
Do I allow myself to feel joy and gratitude daily?					
Do I hold healthy boundaries in relationships while staying open-hearted?					
Do I feel love as a guiding force in my life?					

■ Throat Chakra (Vishuddha)

Question	1	2	3	4	5
Do I express myself clearly and honestly?					
Do I feel my voice matters and deserves to be heard?					
Do I communicate with kindness and respect?					
Do I listen deeply to others without judgment?					
Do I speak my truth even when it feels difficult?					
Do I feel comfortable expressing my creativity and ideas?					
Do I feel free from fear of criticism or rejection when I speak?					
Do I practice silence and mindful listening when needed?					
Do I express myself in ways beyond words (art, music, movement)?					
Do I align my words with my actions and values?					

■ Third Eye Chakra (Ajna)

Question	1	2	3	4	5
Do I trust my intuition and inner guidance?					
Am I open to seeing beyond illusions and surface appearances?					
Do I take time for reflection, stillness, and inner listening?					
Do I have clarity about my life's direction and purpose?					
Do I notice patterns and synchronicities in my experiences?					
Do I balance logic with intuition in decision-making?					
Do I question limiting beliefs and see broader perspectives?					
Do I allow imagination and vision to inspire my life?					
Do I seek wisdom beyond just intellectual knowledge?					
Do I feel connected to an inner sense of truth?					

■ Crown Chakra (Sahasrara)

Question	1	2	3	4	5
Do I feel connected to Spirit, Source, or a higher consciousness?					
Do I experience moments of peace and stillness within?					
Am I open to wisdom beyond the material world?					
Do I feel a sense of trust in life's unfolding?					
Do I sense unity and interconnectedness with all beings?					
Do I honor silence, prayer, or meditation as part of my life?					
Do I live with a sense of purpose guided by spirit?					
Do I experience awe, wonder, or transcendence in life?					
Do I see challenges as part of my spiritual growth?					
Do I feel aligned with my soul's journey and higher truth?					