

Balancing Your Chakras Questionnaire

Read each phrase below, and if it describes you, click on the box in the **yes** column. If the phrase does not describe you, click on the box in the **no** column.

ROOT	YES	NO	SACRAL	YES	NO
I am a patient person. (1)	<input type="checkbox"/>	<input type="checkbox"/>	I honor my body's needs for food, fluids, supplements, and sleep. (2)	<input type="checkbox"/>	<input type="checkbox"/>
I create a life that supports my being the best I can be. (1)	<input type="checkbox"/>	<input type="checkbox"/>	I deserve peace, beauty, and tranquility in my life. (2)	<input type="checkbox"/>	<input type="checkbox"/>
I feel my life is stable at the moment. (1)	<input type="checkbox"/>	<input type="checkbox"/>	I see the joy and pleasure in small things. (2)	<input type="checkbox"/>	<input type="checkbox"/>
I feel secure about my life. (1)	<input type="checkbox"/>	<input type="checkbox"/>	If I had less in my life, I would still feel abundant. (2)	<input type="checkbox"/>	<input type="checkbox"/>
I am grateful for the things I have in my life now. (1)	<input type="checkbox"/>	<input type="checkbox"/>			
<hr/>					
SOLAR PLEXUS	YES	NO	HEART	YES	NO
I value myself. (3)	<input type="checkbox"/>	<input type="checkbox"/>	I feel love for myself and others in my life. (4)	<input type="checkbox"/>	<input type="checkbox"/>
I respect myself for having done a good job at certain things in my life. (3)	<input type="checkbox"/>	<input type="checkbox"/>	I create peace in my life. (4)	<input type="checkbox"/>	<input type="checkbox"/>
I am confident in my ability to do something well. (3)	<input type="checkbox"/>	<input type="checkbox"/>	I recognize that everyone is connected to me and we are all one at the core. (4)	<input type="checkbox"/>	<input type="checkbox"/>
I am clear about the need to balance my personal power with humility and compassion. (3)	<input type="checkbox"/>	<input type="checkbox"/>	I feel a sense of unity with nature and animals. (4)	<input type="checkbox"/>	<input type="checkbox"/>
I believe that freedom of choice is essential to my human development. (3)	<input type="checkbox"/>	<input type="checkbox"/>	I find joy with people, nature, and animals. (4)	<input type="checkbox"/>	<input type="checkbox"/>
<hr/>					
THROAT	YES	NO	THIRD EYE	YES	NO
I express my feelings with ease. (5)	<input type="checkbox"/>	<input type="checkbox"/>	I respect the wisdom that comes from the life experience of my friends and elders. (6)	<input type="checkbox"/>	<input type="checkbox"/>
I offer my full support to others. (5)	<input type="checkbox"/>	<input type="checkbox"/>	I trust my ability in discerning good from bad. (6)	<input type="checkbox"/>	<input type="checkbox"/>
I honor my personal truth. (5)	<input type="checkbox"/>	<input type="checkbox"/>	I value knowledge that can make my life more meaningful. (6)	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy being creative and it makes me feel good about who I am. (5)	<input type="checkbox"/>	<input type="checkbox"/>	I visualize what my life will be like in the future, whether it be one year, five years, or 10 years. (6)	<input type="checkbox"/>	<input type="checkbox"/>
			I trust my intuition. (6)	<input type="checkbox"/>	<input type="checkbox"/>
<hr/>					
CROWN	YES	NO			
I have a spiritual context for holding the difficult and challenging experiences in my life. (7)	<input type="checkbox"/>	<input type="checkbox"/>			
I see the beauty in others. (7)	<input type="checkbox"/>	<input type="checkbox"/>			
I can feel blissful, even if all of my problems are not solved. (7)	<input type="checkbox"/>	<input type="checkbox"/>			

Scoring

After completing the questionnaire, take note of the areas that you answered no in. Once you leave this page, your answers will not be saved. It is recommended that you write down your answers on a piece of paper before proceeding.

- If you answered **no** to any **1's**, you may have imbalances in your **Root Chakra**.
- If you answered **no** to any **2's**, you may have imbalances in your **Sacral Chakra**.
- If you answered **no** to any **3's**, you may have imbalances in your **Solar Plexus Chakra**.
- If you answered **no** to any **4's**, you may have imbalances in your **Heart Chakra**.
- If you answered **no** to any **5's**, you may have imbalances in your **Throat Chakra**.
- If you answered **no** to any **6's**, you may have imbalances in your **Brow Chakra**.
- If you answered **no** to any **7's**, you may have imbalances in your **Crown Chakra**.

