



Root Chakra Journaling Questions

I invite you to take some time to yourself get comfortable, quiet your mind and tune into the present moment and your body. Connect with your root chakra and ask the following questions.

What feelings and beliefs about safety and security do you hold in your root chakra?

What feelings and beliefs about your childhood do you hold in your root chakra?

What feelings and beliefs do you hold about yourself in your root chakra? Your self-confidence? Self-worth? Self-esteem?

Describe the energy of your root chakra.

How open is your root chakra?

Is there anything else your root chakra wants you to know?