

CHAKRA ASSESSMENT DIAGRAM

ROOT CHAKRA



STRENGTHS

QUANTITY/QUALITY OF ENERGY

TRAUMAS

BODY SYMPTOMS

Does energy easily flow up to the next chakra? Is my body strong? Do I feel stable and grounded enough to safely welcome movement and emotions? Can I manifest what I desire in the physical world?

SACRAL CHAKRA



STRENGTHS

QUANTITY/QUALITY OF ENERGY

TRAUMAS

BODY SYMPTOMS

Do my sensory and emotional experiences feel well-integrated? Can I easily move? Am I ready to embrace my personal power and take purposeful action?

SOLAR PLEXUS CHAKRA



STRENGTHS

QUANTITY/QUALITY OF ENERGY

TRAUMAS

BODY SYMPTOMS

Do I feel well-integrated in my body, mind and emotions? Do I have enough energy to maintain my system? Am I ready to let go of my ego enough to embrace another?

HEART CHAKRA



STRENGTHS

QUANTITY/QUALITY OF ENERGY

TRAUMAS

BODY SYMPTOMS

Has my heart been filled and fully opened? Do I love myself enough to reach into the unknown? Am I ready to have a voice and explore all that lies beyond this physical realm?

THROAT CHAKRA



STRENGTHS

QUANTITY/QUALITY OF ENERGY

TRAUMAS

BODY SYMPTOMS

Do I feel comfortable speaking my personal truth, even if it's inconvenient? Can I surrender to a higher will? Am I ready to really see beyond what I think I know?

THIRD EYE CHAKRA



STRENGTHS

QUANTITY/QUALITY OF ENERGY

TRAUMAS

BODY SYMPTOMS

Can I see the world through the lens of unconditional love? Can I fully embrace my intuition? Am I comfortable with symbolic language and experience? Am I ready to release my images and embrace my divinity?

CROWN CHAKRA



STRENGTHS

QUANTITY/QUALITY OF ENERGY

TRAUMAS

BODY SYMPTOMS

Am I willing to change my understanding of life based on an analysis of new information? Am I open-minded enough to question? Can I embrace my wisdom and spiritual nature?