

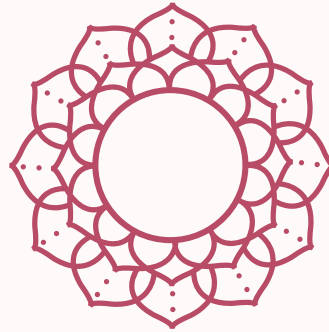
Chakra Assessment



JEN MAC



Instructions



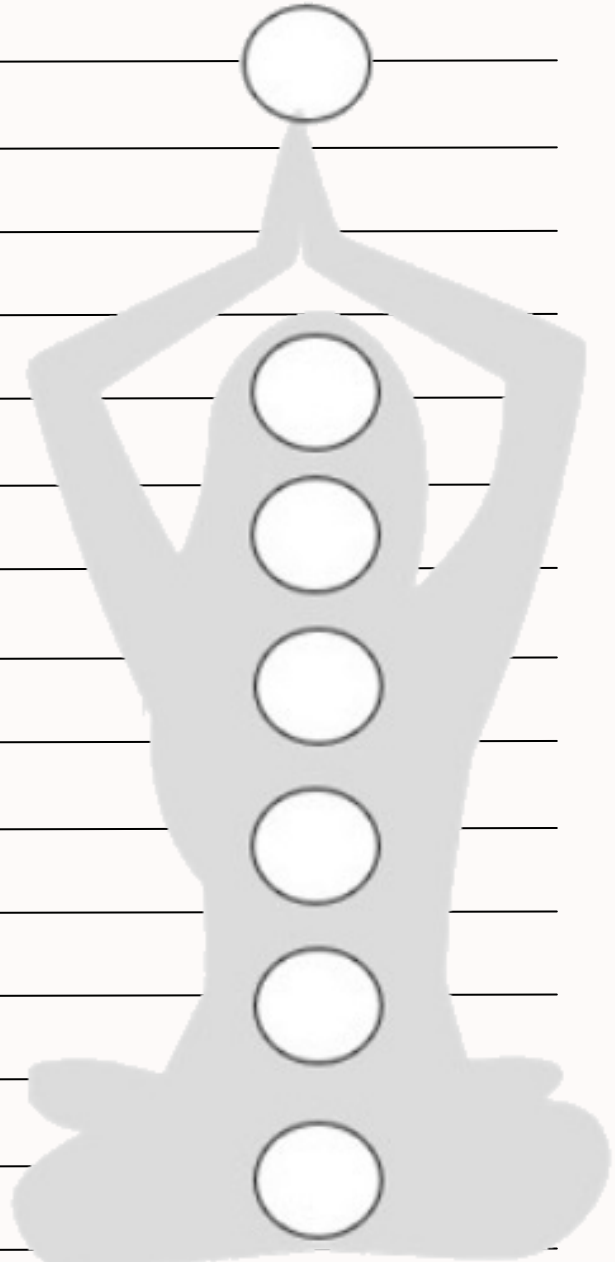
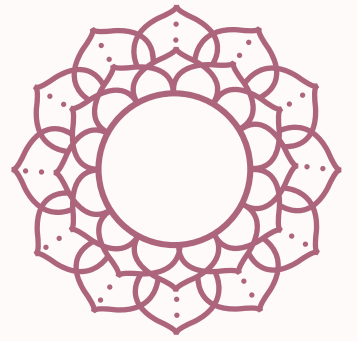
To fully benefit from your Chakra Assessment experience, we suggest using this assessment workbook in conjunction with the guided meditations provided.

Start by listening to the guided meditation to assess the current state of each of your chakras, noting the color, size, any dark spots or blackness, and which direction the chakra is spinning.

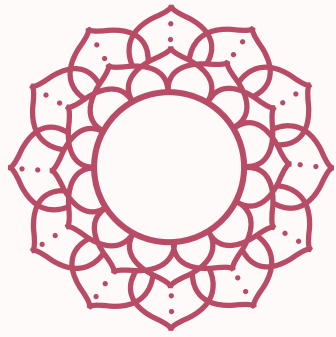
Then using markers or colored pencils fill in the worksheet to give you a clear depiction of each chakra's health.

This combined approach will help you gain a clearer understanding of your energy system, allowing you to take meaningful steps toward achieving balance and alignment in your life.

Chakra Assessment



Journal Page



Lined writing area with 20 horizontal lines for journaling.