



ROOT CHAKRA JOURNAL PROMPTS

WHAT ARE MY BASIC NEEDS TO SURVIVE? DO I HAVE EASY ACCESS TO ALL OF THESE NEEDS, OR IS THERE ANYTHING I STRUGGLE TO ATTAIN?

HAS THERE EVER BEEN A TIME IN MY LIFE WHEN MY BASIC NEEDS OF FOOD, WATER, WARMTH, REST, SECURITY, AND SAFETY WEREN'T MET? HOW DID I FEEL DURING THIS TIME?

WHAT CAN I DO TO ENSURE MY MIND, BODY, AND SPIRIT FEEL SAFE DESPITE EXTERNAL CIRCUMSTANCES?

WHAT CAN I DO TO ENSURE MY BASIC PHYSIOLOGICAL AND SAFETY NEEDS ARE ALWAYS MET?

WHAT BASIC NEEDS ARE MET IN MY LIFE, AND WHAT MAKES ME GRATEFUL FOR EACH ONE? (WRITE ONE TO THREE SENTENCES FOR EACH NEED, DESCRIBING WHY YOU'RE GRATEFUL FOR IT.)

WHAT IN MY EXTERNAL WORLD HELPS ME TO FEEL SAFE? WHAT ABOUT IN MY INTERNAL WORLD?

WHAT DOES IT MEAN TO ME TO BE GROUNDED? HOW CAN I CULTIVATE THE FEELING OF BEING GROUNDED IN MY LIFE?

IN THE MIDDLE OF A BUSY AND HECTIC DAY, WHAT CAN I DO TO HELP MYSELF TO FEEL CENTERED?

WHEN THE WORLD FEELS CHAOTIC, HOW CAN I REMAIN ROOTED FIRMLY TO THE GROUND?

DESCRIBE YOURSELF AS THOUGH YOU ARE A TREE, WITH ROOTS THAT KEEP YOU SECURE TO THE GROUND NO MATTER HOW THE WIND BLOWS.

WHAT DOES STRENGTH MEAN TO ME? WHAT MAKES ME FEEL STRONG? WHEN DO I FEEL STRONGEST?

WHAT DOES IT MEAN TO ME TO BE ROOTED IN THE PRESENT MOMENT?

WHAT PRACTICES CAN I INCORPORATE INTO MY DAILY ROUTINE THAT WILL INCREASE MINDFULNESS AND HELP ME TO REMAIN IN THE PRESENT MOMENT?



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ARE THERE ANY SITUATIONS, PLACES, OR COMMON EXPERIENCES IN MY LIFE THAT DON'T HELP ME TO FEEL ROOTED, SECURE, SAFE, AND/OR GROUNDED? WHAT CAN I DO TO HELP MYSELF IN THESE MOMENTS (OR CHANGE THE SITUATION)?

VISUALIZE YOUR HIGHEST SELF WALKING THROUGH A BEAUTIFUL, OPEN FIELD WITH YOUR BARE FEET TOUCHING THE GROUND. DESCRIBE THIS EXPERIENCE, INCLUDING HOW IT MAKES YOU FEEL.

WRITE A COMPASSIONATE LOVE LETTER TO YOUR BODY. USE AFFIRMATIONS TO AFFIRM THAT YOU FEEL SAFE, SUPPORTED, AND AT EASE IN YOUR BODY.

IN WHAT WAYS DOES MY BODY ALWAYS TAKE CARE OF ME?

FINISH THIS STATEMENT: "I BUILD MY LIFE UPON THE FOUNDATION OF _____." DESCRIBE ALL THE POSITIVE FEELINGS AND BELIEFS THAT CREATE THE FOUNDATION FOR WHICH YOU BUILD YOUR LIFE UPON.

WHAT DOES IT MEAN TO ME TO BE FIRM IN MY PLACE OF LIFE?

DO I FEEL LIKE MY LOVED ONES SUPPORT ME? DO I FEEL LIKE THE UNIVERSE SUPPORTS ME? WHAT DO I NEED TO FEEL MORE SUPPORTED?

WHY IS IMPORTANT TO ME TO FEEL SUPPORTED BY LOVED ONES AND THE UNIVERSE?

REFLECT ON THIS STATEMENT AND WHAT IT MEANS TO YOU: "EVERY CELL OF MY BODY SUPPORTS MY TOTAL WELLBEING."

WHEN MY ENERGY FEELS DEPLETED, WHAT CAN I DO TO NOURISH AND REJUVENATE MY BODY, MIND, AND SPIRIT?

WHAT CAN I DO EVERY MORNING TO INCREASE MY ENERGY AND GREET THE DAY WITH ENTHUSIASM AND VITALITY?

WHO IS MY TRUEST, MOST AUTHENTIC SELF?

HOW CAN I BECOME ONE WITH MY TRUE SELF IN EACH AND EVERY MOMENT?

WHAT FEARS OR LIMITING BELIEFS HOLD ME BACK FROM LIVING AS MY TRUEST, MOST AUTHENTIC SELF?



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HOW CAN I USE MY INNER PEACE, CALM, AND SENSE OF GROUNDEDNESS AS A SUPERPOWER TO HELP THE PEOPLE AROUND ME?

WHY IS HAVING AN OPEN AND BALANCED ROOT CHAKRA IMPORTANT TO ME?

WHAT DOES AN ORDINARY DAY AS MY MOST GROUNDED AND SECURE SELF LOOK LIKE? HOW DO I CARRY MYSELF THROUGH THE DAY? HOW DO I TREAT OTHERS AND MYSELF? WRITE ABOUT THIS DAY IN DETAIL.

Be here now.