



SACRAL CHAKRA JOURNAL PROMPTS

WHAT CAN I DO IN MY DAILY LIFE TO ADD MORE OPPORTUNITIES FOR PLAY?

WHAT ARE MY FAVORITE CREATIVE ACTIVITIES? HOW DO I FEEL WHEN I GET TO EXPRESS MY CREATIVITY?

WHAT ARE SOME CREATIVE ACTIVITIES I'VE ALWAYS WANTED TO TRY BUT NEVER HAVE? WHAT FIRST STEP CAN I TAKE TOWARD TRYING ONE OF THESE ACTIVITIES?

WHAT ARE SOME CREATIVE ACTIVITIES I LOVE TO DO BUT DON'T MAKE SPACE FOR IN MY LIFE AS MUCH AS I'D LIKE TO? HOW CAN I CREATE MORE SPACE FOR THESE ACTIVITIES?

EXPRESS YOUR CREATIVITY: WRITE ABOUT A MOVIE OR BOOK IDEA FLOATING IN THE BACK OF YOUR MIND. WHAT IS IT ABOUT? WHO ARE THE CHARACTERS? WHAT'S THE CENTRAL THEME? WRITE AS MANY DETAILS AS POSSIBLE, AND HAVE FUN WITH IT!

INVENT SOMETHING: WRITE ABOUT AN INVENTION THAT DOESN'T EXIST YET BUT DEFINITELY SHOULD. WHAT IS ITS NAME? HOW DOES IT WORK? HOW WILL IT IMPROVE PEOPLE'S LIVES? GET CREATIVE, AND MAKE IT AS CRAZY, FAR OUT, AND ILLOGICAL AS YOU WANT!

WHAT INSPIRES ME? ARE THERE THINGS IN MY DAILY LIFE THAT KEEP ME INSPIRED EVERY DAY? IF NOT, WHAT MIGHT HELP?

WHAT BRINGS ME JOY? IN WHAT WAYS IS MY LIFE FILLED WITH JOY?

HOW CAN I CULTIVATE MORE FEELINGS OF JOY IN MY DAILY LIFE?

HOW OFTEN DO I DAYDREAM? WHAT KINDS OF THINGS DO I DAYDREAM ABOUT? IN WHAT WAYS CAN DAYDREAMING SUPPORT MY WELLBEING?

REFLECT ON THIS STATEMENT AND WHAT IT MEANS TO YOU: "PLAY IS NOT IRRESPONSIBLE. CREATIVITY IS NOT IMPRACTICAL. FUN IS NOT FRIVOLOUS."

WHAT DOES IT MEAN TO ME TO BE PROSPEROUS? IN WHAT WAY(S) IS MY LIFE PROSPEROUS?

WHY IS IT IMPORTANT TO ME TO BE AN OPEN AND HONEST PERSON?



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WHY IS IT IMPORTANT TO ME TO BE A FORGIVING PERSON? DO I EVER FIND IT DIFFICULT TO FORGIVE MYSELF OR OTHERS?

WRITE A LETTER FORGIVING YOURSELF FOR A MISTAKE YOU MADE IN THE PAST.

WRITE A LETTER FORGIVING SOMEONE ELSE FOR ACTIONS THEY TOOK OR WORDS THEY SAID THAT CAUSED YOU PAIN.

WHAT TYPES OF SITUATIONS AND EXPERIENCES MAKE ME FEEL TENSE, INSECURE, AND WITHDRAWN? WHAT CAN I DO TO HELP MYSELF IN THESE SITUATIONS? ARE THERE ANY FREQUENT EXPERIENCES LIKE THIS IN MY DAILY LIFE THAT I CAN CHANGE?

WHAT DO I FEEL PASSIONATE ABOUT IN MY LIFE? HOW DO I EXPRESS MY PASSION?

WHY AM I ALWAYS WORTHY AND DESERVING OF RESPECT FROM MYSELF AND OTHERS?

HOW DO I SHOW MYSELF RESPECT? WHAT CHOICES DO I MAKE FOR MYSELF THAT ARE ROOTED IN SELF-RESPECT?

WHAT ARE FIVE PRACTICES I CAN INCORPORATE INTO MY LIFE TO BOOST MY SELF-ESTEEM?

WHY AM I AWESOME? WHAT ARE MY SUPERPOWERS? WHAT MAKES ME AN INCREDIBLE PERSON?

WHAT ARE TEN THINGS I LOVE ABOUT MY SACRED BODY?

WHY IS THIS BODY OF MINE SPECIAL? WHAT MAKES IT BEAUTIFUL?

HOW DO I DEFINE SENSUALITY? WHAT DOES IT MEAN TO BE A SENSUAL BEING?

DO I CONSIDER MYSELF SENSUAL? WHAT'S MY PERSONAL RELATIONSHIP WITH SENSUALITY? HOW CAN I CULTIVATE A POSITIVE RELATIONSHIP WITH SENSUALITY?

HOW DO I DEFINE INTIMACY? WHAT FORMS OF INTIMACY ARE THERE? DO I EASILY EMBRACE INTIMACY WITH OTHERS, OR DO I HAVE A HARD TIME WITH INTIMACY?



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DO I CONSIDER MYSELF A SEXUAL BEING? DO I HAVE A HEALTHY RELATIONSHIP WITH SEXUALITY?

LIST ALL OF THE POSITIVE THINGS YOU ASSOCIATE WITH SEX AND SEXUALITY.

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

Live inspired.