



Chakra Self Test

N= Never P= Poor
 S= Seldom F= Fair
 O= Often G= Good
 A= Always E= Excellent

Scoring - First column - 1 pt.
 Second column - 2 pts.
 Third column - 3pts.
 Fourth column - 4pts.

Chakra ONE: Earth. Survival, Grounding

	Circle ANSWER	SCORE
How often do you go for a walk in the woods, park, or otherwise make contact with Nature?	N S O A	
How often do you exercise consciously?	N S O A	
How would you rate your physical health?	P F G E	
How is your relationship to money and work?	P F G E	
Do you consider yourself well grounded?	N S O A	
Do you love your body?	N S O A	
Do you feel you have a right to be here?	N S O A	

Total:

Chakra TWO: Water, Emotions Sexuality

	Circle ANSWER	SCORE
How would you rate your ability to feel and express emotions?	P F G E	
How would you rate your sex life?	P F G E	
How much time do you create for simple pleasures in your life?	N S O A	
How would you rate your physical flexibility?	P F G E	
How would you rate your emotional flexibility?	P F G E	
Are you able to nurture and be nurtured by others in balance?	N S O A	
Do you struggle with guilt about your feelings or sexuality?	A O S N	

Total:

Chakra THREE - Fire, Power, Will

	Circle ANSWER	SCORE
How would you rate your general energy level?	P F G E	
How would you rate your metabolism/digestion?	P F G E	
Do you accomplish what you set out to	N S O A	

do?		
Do you feel confident ?	N S O A	
Do you feel comfortable being different from those around you?	N S O A	
Are you intimidated by others?	A S O N	
Are you reliable?	N S O A	

Total :

Chakra FOUR: Air, Love, Relationship

	Circle ANSWER	SCORE
Do you love yourself?	N S O A	
Do you have successful long term relationships?	N S O A	
Are you able to accept others as they are?	N S O A	
Do you feel connected with the world around you?	N S O A	
Do you carry a lot of grief in your heart?	A O S N	
Do you feel compassion for those with faults and troubles?	N S O A	
Are you able to forgive past hurts from others?	N S O A	

Total:

Chakra Five: Sound, Communication, Creativity

	Circle ANSWER	SCORE
Are you a good listener?	N S O A	
Are you able to express your ideas to others so that they are able to understand them?	N S O A	
Do You speak the truth faithfully, speaking up when you need to?	N S O A	
Are you creative in your life? (not just art, activities, hobbies, writing etc.)	N S O A	
Do you engage in an art form? (painting, dancing, singing, etc.)	N S O A	
Do you have a resonant voice?	N S O A	
Do you feel "in sync" with life?	N S O A	

Total:

Chakra SIX: Light, Intuition, Seeing

	Circle ANSWER	SCORE
Do you notice subtle visual details in your surroundings?	N S O A	
Do you have vivid dreams and remember them?	N S O A	
Do you have psychic experiences? (intuitive accuracy , seeing auras, sensing future events etc.)	N S O A	
Are you able to imagine new possibilities as solutions to problems?	N S O A	

Are you able to see the bigger picture of your life?	N S O A	
How would you rate your ability to visualize?	P F G E	
Do you have a personal vision that guides you in life?	N S O A	

Total:

Chakra SEVEN: Thought, Awareness, Wisdom, Intelligence

	Circle AWARENESS	SCORE
Do you meditate?	N S O A	
Do you feel a strong connection with some kind of higher or greater power? (GOD, Spirit)	N S O A	
Are you able to work through and release attachments easily?	N S O A	
Do you enjoy reading and taking in new information?	N S O A	
Do you learn quickly and easily?	N S O A	
Does your life have significant meaning beyond personal gratification?	N S O A	
Are you open minded in regard to other ways of thinking or being?	N S O A	

Total:

Add up the points for each chakra and compare.

Chakra ONE	
Chakra TWO	
Chakra THREE	
Chakra FOUR	
Chakra FIVE	
Chakra SIX	
Chakra SEVEN	

Indication of scores for each chakra:

22-28 Very Strong Chakra

13-21 Average range but could use improvement

6-12 Weak Chakra

It is the distribution that is important. Compare your scores between different parts. Aside from the strongest and weakest chakras, is there a distribution pattern within the higher or lower chakras? Does this pattern coincide with your own views about yourself?

Embark on a transformative journey with me, a skilled mindful somatic coach, as we delve into the profound interplay of the chakras, unlocking self-discovery and leadership empowerment. Through personalized guidance, I assist you in understanding and harmonizing your chakras, cultivating awareness of energy imbalances for healing and alignment. This transformative process nurtures personal well-being and empowers your leadership with balanced decision-making, emotional intelligence, and a holistic presence. Join me for a FREE 30-minute consultation or explore a transformative journey abroad, uniting with other women on a path to ignite their potential and empower their leadership. Discover upcoming locations and book your consultation now. [Embraceheart.com](https://embraceheart.com) or info@embraceheart.com

With *Love*,

Vickey