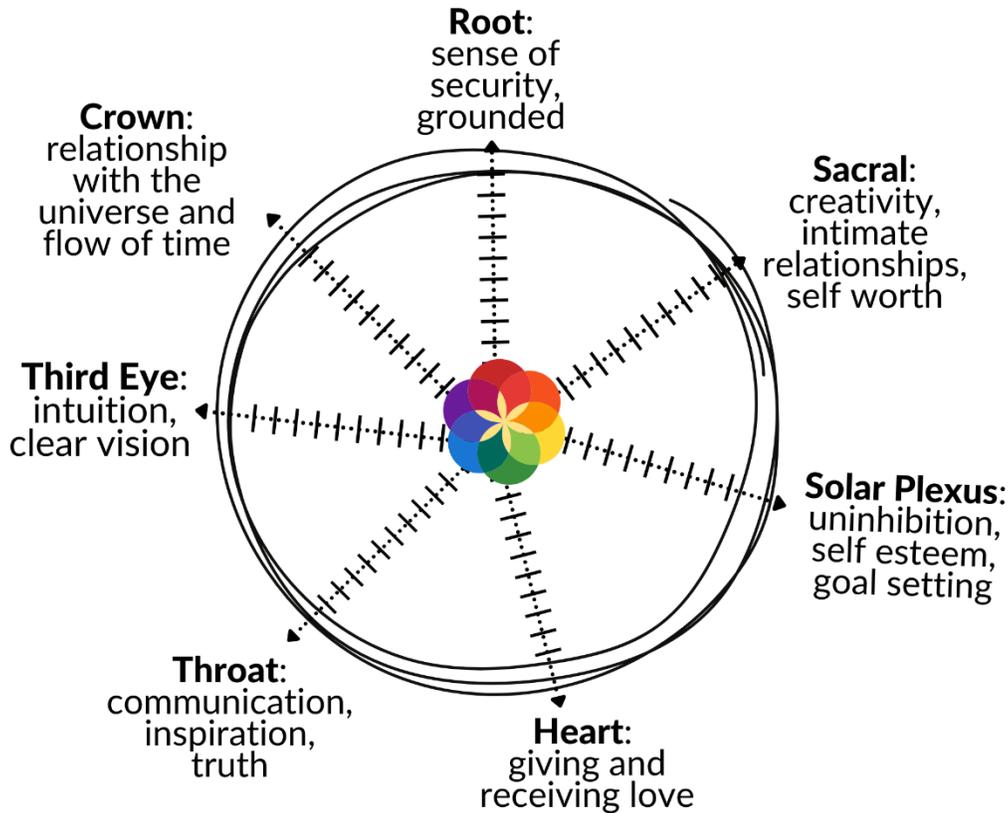


CHAKRA BALANCE WHEEL



MY WHEEL RATINGS

Wheel Description: This wheel highlights key areas that we will focus on during our coaching. By rating yourself regularly on this wheel we can monitor and discuss progress, as well as identify key areas of focus to support you.

Root: sense of security, groundedness

- 10 = I have a great sense of security regarding my current survival regarding food, shelter, clothing and employment. I am in control of my emotions and rarely feel fearful of others.
- 5 = I am a sense of security in certain survival situations, but in others I feel fearful and unable to control my emotions.
- 0 = I am often in fight-or-flight mode. I feel fearful of being hurt either physically or psychologically.

Sacral: creativity, sense of worth, sexual relationships

- 10 = I feel in touch with my own feelings. I am able to control my emotion. I trust others.
- 5 = I am able to identify and feel some of my emotions. I sometimes hesitate to trust others.
- 0 = I am in touch with some of my emotions, or the emotions sometimes rule me. I often feel numb emotionally, or my emotions completely rule how I interact with my surroundings. I do not trust others.

Solar Plexus: uninhibition, creativity, self-esteem, goal setting

- 10 = I have self-respect and respect for others. I feel balanced with my motivation to work toward my goals. I have an abundance of creativity when working toward my goals.
- 5 = I feel creativity in daily activities or work but sometimes feel blocked and unable to move forward with my goals. Feeling enough or respectful of myself or others is not yet balanced.
- 0 = I often feel anxious and fearful. I feel that I do not have control or power over my own will. My creativity is mostly stagnant. I do feel that I am not good enough.

Heart: giving and receiving love

- 10 = I am in touch with my feelings. I am compassionate towards others. I am outgoing and friendly. I can experience divine, unconditional love.
- 5 = I am somewhat outgoing but feel a tightness in the chest sometimes. I am generally compassionate toward others, but I don't always show that feeling.
- 0 = I feel a sense of restriction in the heart area. I tend to be indecisive and fear rejection. Or, I am a master of conditional love. I do not easily receive loving words or actions from others.

Throat: communication, inspiration, truth

- 10 = I express myself freely and with ease. I communicate positively from a loving, healing place.
- 5 = I can usually talk from a place of positivity, but occasionally fear and anger get in the way of speaking how I feel. Sometimes I feel unable to express myself freely.
- 0 = I feel a sense of restriction. I am not able to access my feelings or express myself freely. Feelings of fear and anger take over when I try to communicate in writing or in speech.

Third Eye: intuition, clear vision

- 10 = I use my intuition and higher mind functions (clairvoyance, clairaudience, clairsentience, etc.) to benefit others. I find wisdom and beauty in stillness. I have no fear of death and do not seek fame.
- 5 = I do not use my intuition or higher mind functions for the benefit of others. I can sit in silence and find it some beauty and wisdom in this action.
- 0 = I am not connected with my intuition. I am unable to sit in silence without my mind going crazy.

Crown: relationship with the universe and flow of time

- 10 = I am able to let go of past patterns, whether physical, emotional or spiritual. I see change as a catalyst for positive transformation.
- 5 = I am in the process of learning to let go of past patterns and thoughts but still find it difficult to do so.
- 0 = I am not spiritual. I tend to hang on to past thoughts and material items.

Segment	Root	Sacral	Solar Plexus	Heart	Throat	Third Eye	Crown
Beginning							
End of Week 1							
End of Week 2							
End of Week 3							
End of Week 4							
End of Week 5							
End of Week 6							
End of Week 7							
End of Week 8							