



This is a chakra balancing self-evaluation test for new clients at yogasole and Aroonji.

This test will help me create a personalized program for you. Your information is confidential and won't be shared. Please print it out and bring the completed document to your first session with Aroonji. Thanks!

Chakra Balancing Questionnaire

Discover the Balance of Your Chakras

Instructions:

Read each statement carefully and rate how much you agree with it using the scale provided. Be as honest as possible with yourself to ensure an accurate chakra assessment.

1 = **Strongly Disagree**

2 = **Disagree**

3 = **Neutral**

4 = **Agree**

5 = **Strongly Agree**

Root Chakra (Muladhara)

Themes: Grounding, Security, Survival

Statement	Rating (1-5)
I feel grounded and secure in my environment.	_____
I trust that I am safe and protected.	_____
I have a stable routine and manage my time effectively.	_____
I have a healthy relationship with my body and take care of it.	_____
I have a steady and reliable source of income.	_____

Sacral Chakra (Svadhithana)



Themes: Emotions, Creativity, Sexuality

Statement	Rating (1-5)
I express my emotions freely and healthily.	_____
I feel creative and enjoy artistic or imaginative pursuits.	_____
I have a healthy relationship with my sexuality and desires.	_____
I easily allow pleasure and joy into my life.	_____
I adapt well to change and welcome new experiences.	_____

Solar Plexus Chakra (Manipura)

Themes: Personal Power, Confidence, Motivation

Statement	Rating (1-5)
I feel confident in myself and my abilities.	_____
I can assert myself and set healthy boundaries.	_____
I am motivated to pursue my goals and dreams.	_____
I take responsibility for my life and decisions.	_____
I have a balanced sense of self-worth.	_____

Heart Chakra (Anahata)

Themes: Love, Compassion, Relationships

Statement	Rating (1-5)
I love and accept myself fully.	_____
I am compassionate toward others and myself.	_____



I have healthy and fulfilling relationships in my life. _____

I forgive others and let go of past hurts easily. _____

I feel connected to those around me and to nature. _____

Throat Chakra (Vishuddha)

Themes: Communication, Truth, Self-Expression

Statement	Rating (1-5)
I express myself clearly and confidently.	_____
I listen to others and communicate with empathy.	_____
I feel free to speak my truth without fear of judgment.	_____
I am able to say no when necessary.	_____
I am honest with myself and others.	_____

Third Eye Chakra (Ajna)

Themes: Intuition, Insight, Clarity

Statement	Rating (1-5)
I trust my intuition and inner guidance.	_____
I have clarity about my life's purpose and direction.	_____
I can easily visualize my goals and dreams.	_____
I enjoy learning and expanding my awareness.	_____
I am open to spiritual insights and higher wisdom.	_____



Crown Chakra (Sahasrara)

Themes: Spirituality, Connection, Higher Consciousness

Statement	Rating (1-5)
I feel connected to something greater than myself.	_____
I trust in the flow of life and the universe.	_____
I regularly practice mindfulness, meditation, or prayer.	_____
I have a strong sense of purpose in life.	_____
I am open to spiritual experiences and enlightenment.	_____

Scoring:

- 1 - 15: This chakra may be blocked or underactive.
- 16 - 20: This chakra is moderately balanced but could benefit from more focus.
- 21 - 25: This chakra is strong and balanced.

Reflection:

Now that you've completed the test, which chakras need the most attention?

Reflect on where you feel energy may be blocked or where you feel out of alignment in your life.

During your chakra balancing sessions, we'll focus on harmonizing these energy centers and realigning your physical, emotional, and spiritual well-being.

With warmth and gratitude
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