

First Chakra Assessment

The first chakra, the root chakra, is located at the base of the spine and is the foundation for the whole chakra system. This is our center for manifestation and governs our physical body. The function of this center is to respond to issues concerning survival, being grounded, our right to be and have, family, finances, community, our environment and making a living, or simply feeling safe and secure verses feeling fearful or afraid to take risks. If this chakra is damaged we find ourselves repeatedly coping with threats to our survival. This keeps us from accomplishing what we truly desire.

Directions: On a scale of 1-5 rate yourself with 1 being least true and 5 being most true. Add the total of all the numbers circled for your complete score.

Body

I appreciate my body and take excellent care of myself.	1 2 3 4 5
My weight is within my ideal range.	1 2 3 4 5
I listen to my body and pay attention to the wisdom it offers.	1 2 3 4 5
I maintain a healthy diet, exercise and relax regularly.	1 2 3 4 5
I feel great about my physical body.	1 2 3 4 5
I get adequate sleep and feel well rested.	1 2 3 4 5

Being Grounded and Centered

I am centered and focused in each moment.	1 2 3 4 5
I have a great sense of clarity and purpose	1 2 3 4 5
I deal with life realistically.	1 2 3 4 5
I have a foundation that supports my life.	1 2 3 4 5
I easily remain grounded while under stress.	1 2 3 4 5
I respond rather than react.	1 2 3 4 5

Survival

I easily make decisions and am comfortable with them.	1 2 3 4 5
I am aware of my needs and continue to be sure they are met.	1 2 3 4 5
I feel confident, safe and secure in my life on a day-to-day basis.	1 2 3 4 5
I fear almost nothing.	1 2 3 4 5
I trust that the universe will provide for me.	1 2 3 4 5
I trust myself and my ability to have and create what I want in the world.	1 2 3 4 5

Right to Be/ Right to Have

I am comfortable with my right to fully occupy my body and live my life.	1 2 3 4 5
I fully participate in my life.	1 2 3 4 5
I have what I need in order to survive.	1 2 3 4 5
I believe I have the right to have success, prosperity, pleasure, adventure, time to myself and wonderful relationships.	1 2 3 4 5
I have the right to be me, here and now.	1 2 3 4 5
I can have and create what I want in my life.	1 2 3 4 5

Finances

My finances are well managed and in control.	1 2 3 4 5
My present financial situation allows me the freedom to create what I desire.	1 2 3 4 5
I pay my bills on time.	1 2 3 4 5
I currently live within my means.	1 2 3 4 5
I have worked out all of my financial concerns and problems and live with a sense of abundance.	1 2 3 4 5
I never say, "I can't afford that" and money or the lack there of doesn't hold me back.	1 2 3 4 5

Family/Community

I have fully resolved all my "family" issues.	1 2 3 4 5
I have a community that appreciates and supports me.	1 2 3 4 5
I have healthy, happy relationships with my family and friends.	1 2 3 4 5
I am at choice how I live my life.	1 2 3 4 5
I am fully aware of how my beliefs have been programmed.	1 2 3 4 5
I speak my truth to others and I am free to choose what is best for me.	1 2 3 4 5

Environment

My home reflects who I truly am.	1 2 3 4 5
There is nothing that drains me in my life.	1 2 3 4 5
I live in a nurturing environment.	1 2 3 4 5
Everything is fully and properly organized in my life.	1 2 3 4 5
I am not "tolerating" anything in my home or work environment.	1 2 3 4 5
I love my life.	1 2 3 4 5

Gratitude

I have an attitude that invites abundance.	1 2 3 4 5
I express my gratitude daily.	1 2 3 4 5
I always tell the truth.	1 2 3 4 5
I am aware of what I have and show appreciation or it.	1 2 3 4 5
I am proud of the life I live.	1 2 3 4 5

Scoring

- 190 – 240 Excellent and Congratulations! Your first chakra is very balanced.**
- 164 – 189 Very good, some areas may need attention. Review sections where you had 1's and 2's. Is there any noticeable pattern?**
- 144 – 163 Fair, your first chakra may have blocks that keep you from manifesting what you want. Watch for patterns and be aware if you are present or tend to be on "auto-pilot."**
- 143 – 0 You would benefit from immediate attention. Consider consulting a specialist or participating in a first chakra workshop.**

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