



SOOTHESOUL



THE  
SEVEN CHAKRA  
BALANCING  
WORKBOOK



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# WELCOME

This workbook is not here to fix you.

You are not broken.  
You are not behind.  
You are not failing at healing.

The chakra system is simply a **\*\*map\*\*** —  
a way to notice where your energy, emotions,  
and attention may be asking for care.

At Sothesoul, we don't treat chakras as  
something mystical you must master.  
We treat them as mirrors —  
reflecting how we feel, live, and relate to ourselves.

This workbook is designed to be:

- \* slow
- \* compassionate
- \* practical
- \* pressure-free

You don't need to complete it all at once.  
You don't need to “open” or “balance”  
anything perfectly.

Awareness is enough.



## How to Use This Workbook

- \* Work through one chakra at a time
- \* Spend a day, a week, or longer on each section
- \* Write honestly, not beautifully
- \* Stop when you feel tired — healing doesn't require force

If emotions surface, pause. Breathe. Ground yourself.

This is self-care, not self-demand.

## THE CHAKRAS AT A GLANCE

Chakra	Focus	When It Feels Off
Root	Safety, stability	Anxiety, fear, restlessness
Sacral	Emotions, pleasure	Guilt, numbness, creativity blocks
Solar Plexus	Confidence, self-worth	Self-doubt, people-pleasing
Heart	Love, compassion	Grief, resentment
Throat	Expression, truth	Silence, fear of speaking
Third Eye	Intuition, clarity	Overthinking, disconnection
Crown	Meaning, trust	Hopelessness, lack of direction



# ROOT CHAKRA

## SAFETY & STABILITY

**Theme:** Feeling safe in your body and life

**Colour:** Red

**Focus:** Grounding, security, trust

### **When This Area Needs Attention**

- \* You feel anxious or unsettled
- \* You struggle with financial or emotional safety
- \* You feel disconnected from your body

### **Reflection Questions**

- \* Where in my life do I feel unsafe or unsupported?
- \* What routines make me feel grounded?
- \* What does “security” mean to me right now?

### **Gentle Practices**

- \* Walk barefoot on natural ground
- \* Place a grounding crystal nearby
- \* Slow breathing: inhale for 4, exhale for 6

### **Affirmation**

“I am safe. I am supported.”

## JOURNAL SPACE:



# SACRAL CHAKRA

## EMOTIONS & PLEASURE

**Theme:** Emotional flow and creativity

**Colour:** Orange

**Focus:** Feelings, joy, connection

### **When This Area Needs Attention**

- \* Emotional numbness
- \* Guilt around pleasure or rest
- \* Creative blocks

### **Reflection Questions**

- \* What emotions do I avoid feeling?
- \* When did I last feel joy without guilt?
- \* What brings me comfort?

### **Gentle Practices**

- \* Creative expression (writing, music, art)
- \* Warm baths or gentle movement
- \* Journaling without judgment

### **Affirmation**

“I allow myself to feel.”

## JOURNAL SPACE:



# SOLAR PLEXUS

## CONFIDENCE & SELF-WORTH

**Theme:** Personal power

**Colour:** Yellow

**Focus:** Boundaries, confidence

### **When This Area Needs Attention**

- \* Self-doubt
- \* Over-apologising
- \* Difficulty making decisions

### **Reflection Questions**

- \* Where do I give my power away?
- \* What would self-trust look like for me?
- \* What am I proud of but don't acknowledge?

### **Gentle Practices**

- \* Stand tall and breathe deeply
- \* Small acts of self-trust
- \* Boundary journaling

### **Affirmation**

“I trust myself.”

## JOURNAL SPACE:



# HEART CHAKRA

## LOVE & COMPASSION

**Theme:** Connection and healing

**Colour:** Green

**Focus:** Love, forgiveness

### **When This Area Needs Attention**

- \* Holding onto resentment
- \* Difficulty receiving love
- \* Emotional heaviness

### **Reflection Questions**

- \* Who do I need to forgive — including myself?
- \* What does compassion look like in my life?
- \* Where am I withholding love?

### **Gentle Practices**

- \* Gratitude journaling
- \* Placing hands over heart while breathing
- \* Acts of kindness toward yourself

### **Affirmation**

“I give and receive love freely.”

## JOURNAL SPACE:



# THROAT CHAKRA EXPRESSION & TRUTH

Theme: Authentic communication

Colour: Blue

Focus: Voice, honesty

## When This Area Needs Attention

- \* Fear of speaking up
- \* Feeling unheard
- \* Holding back emotions

## Reflection Questions

- \* What am I afraid to say?
- \* Where am I not being honest with myself?
- \* What truth needs expression?

## Gentle Practices

- \* Writing unsent letters
- \* Speaking affirmations aloud
- \* Singing or humming

## Affirmation

“My voice matters.”

## JOURNAL SPACE:



# THIRD EYE INTUITION & INSIGHT

Theme: Inner wisdom

Colour: Indigo

Focus: Clarity, trust

## When This Area Needs Attention

- \* Overthinking
- \* Lack of direction
- \* Disconnect from intuition

## Reflection Questions

- \* When have I ignored my intuition?
- \* What does my inner voice sound like?
- \* What do I already know but avoid acknowledging?

## Gentle Practices

- \* Quiet reflection
- \* Reducing screen time
- \* Meditation or stillness

## Affirmation

“I trust my inner guidance.”

## JOURNAL SPACE:



# CROWN CHAKRA

## MEANING & TRUST

**Theme:** Connection to something greater

**Colour:** Violet

**Focus:** Faith, perspective

### **When This Area Needs Attention**

- \* Feeling lost
- \* Lack of purpose
- \* Emotional disconnection

### **Reflection Questions**

- \* What gives my life meaning?
- \* What helps me feel connected?
- \* What do I trust beyond logic?

### **Gentle Practices**

- \* Silent meditation
- \* Nature walks
- \* Reflection without expectation

### **Affirmation**

“I trust the journey.”

## JOURNAL SPACE:

## **Closing: Integration Over Perfection**

Healing doesn't happen by force.

It happens when we listen.

Return to this workbook whenever you feel disconnected, overwhelmed, or uncertain. There is no finish line — only deeper understanding.

If you feel called to support this work further, Soothesoul offers carefully chosen tools — journals, crystals, and grounding pieces — designed to support gentle alignment.

Above all, trust yourself.

You're already on the path.

—

**Soothesoul · Wellness & Lifestyle**

