



# Root Chakra Alignment

Your **Root Chakra** (Muladhara) is the **foundation** of your energetic system, representing **stability, security, and connection to the physical world.**

When balanced, it provides a deep sense of **safety, groundedness,** and **trust** in life. However, when blocked or misaligned, it can manifest as fear, anxiety, insecurity, or a disconnection from your body and environment.

These journaling exercises are designed to help you **explore your relationship with safety, abundance, and personal strength.** Through self-reflection, you will uncover limiting beliefs, release fears, and cultivate a deeper sense of stability and empowerment.

Take a deep breath, find a quiet space, and **allow yourself to write freely—without judgment.** **Trust your inner wisdom** and let these prompts guide you toward a stronger, more grounded version of yourself.

*Remember: You are safe. You are supported.  
You are deeply rooted in your truth.*





# Root Chakra Alignment

## Self-Reflection & Awareness

- In what areas of my life do I feel most secure and stable? Where do I feel unstable or unsafe?
- How do I define "home"? Do I feel at home within myself? Why or why not?
- What does security mean to me? How can I cultivate more of it in my daily life?
- Do I trust that I am always supported by the Universe? If not, what limiting beliefs hold me back?
- What childhood experiences have shaped my sense of safety and belonging? How do they still affect me today?



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## Grounding & Connection to the Physical World

- When do I feel the most grounded and connected to the present moment?
- What are my favorite ways to connect with nature? How can I incorporate more of them into my routine?
- How does my body feel right now? Are there areas of tension, discomfort, or ease? What might these sensations be telling me?
- What foods nourish and support my body in feeling strong and stable?
- How do I honor and care for my physical body? Are there any habits I want to shift?



# Root Chakra Alignment

## Releasing Fear & Strengthening Stability

- What fears currently hold me back from feeling fully secure and rooted in my life?
- How can I reframe my fears into affirmations of safety, trust, and stability?
- When was the last time I overcame a difficult situation? How did I find strength within myself?
- What financial beliefs or habits do I have that might be rooted in fear or scarcity? How can I shift toward abundance?
- What steps can I take today to create a stronger foundation for my future (financially, emotionally, physically, or spiritually)?



# Root Chakra Alignment

## Empowerment & Manifestation

- What does a deeply rooted, stable, and abundant life look like for me?
- What daily practices can I implement to feel more grounded and connected to my inner strength?
- How can I bring more discipline and structure into my life in a way that supports my growth?
- What affirmations or mantras can I use to strengthen my Root Chakra? (e.g., "I am safe. I am secure. I am supported.")
- If I fully trusted the Universe to support me, what bold steps would I take in my life right now?

