

Chakra Energy Management Checklist

Daily Habits to Keep Your Energy Clean, Clear & Aligned

Use this checklist to gently tune into each chakra, clear stagnant energy, and raise your vibration. Even small daily actions can create powerful shifts over time.

Root Chakra – Grounding, Safety, Stability

- ✓ Walk barefoot on grass or earth
 - ✓ Wear red or eat root vegetables (carrots, beets)
 - ✓ Pay a bill, clean your space, or take care of a basic need
 - ✓ Affirmation: *I am safe. I am supported. I trust life.*
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Sacral Chakra – Emotions, Pleasure, Creativity

- ✓ Move your hips: dance, sway, stretch
 - ✓ Drink water or take a warm bath
 - ✓ Create something—cook, write, decorate, etc.
 - ✓ Affirmation: *I allow joy. I honor my emotions. I am free to feel.*
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Solar Plexus Chakra – Confidence, Action, Willpower

- ✓ Take one bold or decisive action today
 - ✓ Say “no” (or “yes”) with clarity and conviction
 - ✓ Stand tall, shoulders back, deep breaths
 - ✓ Affirmation: *I am strong. I am capable. I choose my path.*
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Heart Chakra – Love, Compassion, Connection

- ✓ Practice forgiveness (yourself or others)
- ✓ Do one act of kindness (smile, text, compliment)
- ✓ Place your hand on your heart and breathe deeply
- ✓ Affirmation: *I give and receive love with ease. I am open.*

● Throat Chakra – Truth, Voice, Expression

- ✓ Speak your truth clearly and kindly
 - ✓ Sing, hum, chant, or voice journal
 - ✓ Express a feeling you've been holding in
 - ✓ Affirmation: *My voice matters. I speak with clarity and courage.*
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● Third Eye Chakra – Intuition, Insight, Clarity

- ✓ Spend time in stillness or meditation
 - ✓ Trust your first instinct
 - ✓ Limit screen time and rest your eyes
 - ✓ Affirmation: *I trust my inner knowing. I see with clarity.*
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○ Crown Chakra – Spiritual Connection, Purpose, Unity

- ✓ Begin or end the day in prayer, gratitude, or reflection
 - ✓ Read or listen to something uplifting
 - ✓ Imagine a beam of light above your head
 - ✓ Affirmation: *I am connected. I am guided. I am one with all.*
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✦ Energy Check-in

- ☐ Did I feel grounded today?
- ☐ Did I express my emotions?
- ☐ Did I take empowered action?
- ☐ Did I give or receive love?
- ☐ Did I communicate my truth?
- ☐ Did I listen to my intuition?
- ☐ Did I connect with something greater than myself?

💖 **Tip:** You don't have to do it all—just a few of these practices daily can keep your energy flowing beautifully.