

# Seven-Chakra Check-In and 7-Day Tracker

Use this as observation, not diagnosis. Notice what feels steady, crowded, numb, urgent, or alive. Choose one small action instead of trying to repair your whole energy system at once.

## The seven-center scan

Move from root to crown. Breathe three ordinary breaths at each center, then write the first honest answer without polishing it.

Root: Where do I need safety or

practical support?

Sacral: What feeling, pleasure, or

creative desire needs room?

Solar plexus: Where am I giving away

choice or agency?

Heart: What needs compassion, grief,

receiving, or repair?

Throat: What truth needs a clear and

kind voice?

Brow: What do I know beneath fear

and mental noise?

Crown: What helps me feel

connected to meaning?

## Choose today's anchor

Circle one center. Name one physical action that can support it today. Examples: eat protein, take a shower, cancel one obligation, sing in the car, ask for help, sit under a tree.

Center I am tending:

One body-based action:

One boundary or request:

What I will not force today:

## Seven-day pattern tracker

Rate each day from 1 to 5, where 1 means depleted or disconnected and 5 means steady and available. Add a few words about what actually influenced the shift.

Day 1: center, rating, action, result

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Day 2: center, rating, action, result

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Day 3: center, rating, action, result

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Day 4: center, rating, action, result

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Day 5: center, rating, action, result

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Day 6: center, rating, action, result

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Day 7: center, rating, action, result

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## What the week showed me

Look for conditions, not personal failure. Sleep, conflict, hunger, sensory overload, hormones, loneliness, support, movement, and time outside all matter.

The pattern I noticed:

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The practice that helped most:

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A support I need to ask for:

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What I want to carry into next week:

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