

Q1: The First Chakra Represents:

Security
Safety
Work
Order
Routine
Nurturance
Nutrition
Fairness
Organization
Honesty
Flexibility
Responsibility
Health

Which aspects of these first chakra qualities currently serve you (yin-I want to keep), and which aspects of these qualities in your life will you transform (yang/fire/change)?

Q2: The Second Chakra Represents:

Comfort
Pleasure
Romance
Desire
Beauty
Ingenuity
Passion
Sensuality
Affection
Style
Sexuality
Indulgence
Sweetness

Which aspects of these second chakra qualities currently serve you (yin-I want to keep), and which aspects of these qualities in your life will you transform (yang/fire/change)?

Q3: The Third Chakra Represents:

Focus
Commitment
Boundaries
Authority
Cooperation
Integrity
Choice
Decision
Discipline
Courage
Faith
Intention
Willingness
Peace
Autonomy

Which aspects of these third chakra qualities currently serve you (yin-I want to keep), and which aspects of these qualities in your life will you transform (yang/fire/change)?

Q4: The Fourth Chakra Represents:

Empathy
Generosity
Compassion
Forgiveness
Nurturing
Understanding
Listening
Acceptance
Tolerance
Affection
Kindness
Patience
Laughter

Which aspects of these fourth chakra qualities currently serve you (yin-I want to keep), and which aspects of these qualities in your life will you transform (yang/fire/change)?

The Fifth Chakra Represents:

Speaking
Honesty
Laughter
Listening
Creativity
Telepathy
Rapport
Connection
Revealing
Expression
Truth

Which aspects of these fifth chakra qualities currently serve you (yin-I want to keep), and which aspects of these qualities in your life will you transform (yang/fire/change)?

The Sixth Chakra Represents:

Perception
Discernment
Imagination
Dreams
Memory
Daydreams
Clairvoyance
Insight
Open-mindedness
Visualization
Reason
Thinking
Viewpoint
Invention

Which aspects of these sixth chakra qualities currently serve you (yin-I want to keep), and which aspects of these qualities in your life will you transform (yang/fire/change)?

The Seventh Chakra Represents:

God
Existence
Source
Creator
Absolute
Safety
Security
Non-Judgment
Unconditional Love

Which aspects of these seventh chakra qualities currently serve you (yin-I want to keep), and which aspects of these qualities in your life will you transform (yang/fire/change)?

Reference: True Balance: An Commonsense Guide for Renewing Your Spirit. Sonia Choquette, Ph.D.