



schedule by the chakras

with chelsea quint

SCHEDULE BY THE CHAKRAS | CHAKRA INVENTORY

Welcome to *Schedule by the Chakras* - you'll use this workbook in the Chakra Inventory section, and you can also print out the chakra checklist to have a copy on hand as you apply and practice everything you learn in the workshop.

CHAKRA INVENTORY | DISCOVER

In this section, you'll start to create your list of chakra balancing practices.

To begin, pull out your journal once again and free write on the prompts below. Spend your time with each one - this will likely take you a while, but it's important to get a clear sense of when each of these feelings is activated for you.

I feel safe when...

I feel grounded when...

I feel supported by...

I feel supported when...

I feel creative when...

I feel most alive when...

I feel empowered when...

I am powerful when...

I feel loved when....

I express love by...

I feel authentic when...

I speak confidently when...

I notice my intuition when...

I am inspired by...

I feel connected when...

I practice my spirituality by...

Now, take a look at the chart below, which details which question corresponds with each chakra.

Make note of any questions where you felt stuck, unsure or blocked - the corresponding chakra likely needs some extra attention and practice.

I feel safe when...	ROOT
I feel grounded when...	ROOT
I feel supported by...	ROOT
I feel supported when...	ROOT
I feel creative when...	SACRAL
I feel most alive when...	SACRAL
I feel empowered when...	SOLAR PLEXUS
I am powerful when...	SOLAR PLEXUS
I feel loved when....	HEART
I express love by...	HEART
I feel authentic when...	THROAT
I speak confidently when...	THROAT
I notice my intuition when...	THIRD EYE
I am inspired by...	THIRD EYE
I feel connected when...	CROWN
I practice my spirituality by...	CROWN

CHAKRA INVENTORY | IMBALANCES

Make a note here of which chakras feel imbalanced, and any other discoveries you've had thus far.



Now, we'll dive into making your list or menu of chakra balancing practices.

CHAKRA INVENTORY | BALANCING

This is your Chakra Balancing Checklist - think of this as your database for including chakra balancing and nourishing activities into your daily life.

I've included 3-5 practices for each chakra on this page. On the next page, you'll see this list, as well as space for you to add in activities and practices based on what you discovered in the journaling exercises. Some of the practices I mentioned are practices I teach my clients - if you're curious and want to learn more, reach out to me at support@wellsoul.co.

Take some time now to add in your practices for each chakra.

ROOT

- nature bathing
- salt baths
- cooking + eating nourishing meals
- cleanse/tidy your physical space

HEART

- pranayama (breath work)
- social life
- embodied love practice

SACRAL

- dancing
- creative expression
- embodiment work
- heart-womb breath (also for heart)

THROAT

- creative expression (non-goal oriented)
- singing
- throat opening yoga poses like fish pose
- practice silence, listening (if excessive)

SOLAR PLEXUS

- core exercises, sit ups
- vigorous exercise, cardio
- feels good/feels bad lists
- risk taking (deficient)
- Relaxation, stress control (excessive)

THIRD EYE

- making visual art (paint, draw, sketch)
- visualization
- day dreaming

CROWN

- daily spiritual practice
- meditation
- root chakra work (excessive)

ROOT

- nature bathing
- salt baths
- cooking + eating nourishing meals
- cleanse/tidy your physical space
-
-
-

SACRAL

- dancing
- creative expression
- embodiment work
- heart-womb breath (also for heart)
-
-
-

SOLAR PLEXUS

- core exercises, sit ups
- vigorous exercise, cardio
- feels good/feels bad lists
- risk taking (deficient)
- Relaxation, stress control (excessive)
-
-
-

HEART

- pranayama (breath work)
- social life
- embodied love practice
-
-
-

THROAT

- creative expression
- singing
- throat opening yoga poses like fish pose
- practice silence, listening (if excessive)
-
-
-

THIRD EYE

- making visual art (paint, draw, sketch)
- visualization
- day dreaming
-
-
-

CROWN

- daily spiritual practice
- meditation
- root chakra work (if excessive)
-
-
-

SCHEDULE X CHAKRAS

Head back to the schedule template you created for part one of this workshop,

For this, you'll want to have your chakra balancing checklist, your existing schedule AND your schedule template in front of you.

If you're a pen and paper human like me, then just break out your journal or some paper and rock out there.

Looking at your existing schedule, copy and paste anything that definitely HAS to stay into the SCHEDULE X CHAKRAS tab of your sheet. Things like a job, regular meetings or appointments, taking kids to and from school, etc.

Then, copy and paste anything in your existing schedule that you REALLY LOVE. What lights you up? Makes you feel alive? Ignites you? All of that can stay.

Now, look at your chakra balancing checklist. Can you check anything off that already exists in your schedule?

Add in practices to your week based on your checklist. There's no right or wrong way to do this.

A few ideas:

- *If you noticed you're really struggling in 1-2 chakras, focus on those for the next month, including practices into your daily life to balance those chakras.*
- *Include 1-2 practices every week (or day, if you're feeling it) for each chakra.*
- *Balance your entire chakra system from the bottom up, spending 1-2 weeks including every activity from your checklist for each chakra. Start from the root and work your way up.*

And that's that! You've got a beautiful, aligned and integrated way to commit to your own wellbeing, spiritual practice and energetic needs act your fingertips.

The most important piece is that now you take action. I did my best in creating this workshop to make it so simple and actionable for you. I want you to take action and make the changes to your daily schedule, so that you can reap the benefits of regular chakra work.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00 PM							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00 AM							