

Root Chakra Journal Questions

What is working best in my personal and work life?

What is not working? (Frustrating, stale, etc?)

What do I really want?

What would I do if I didn't give a f*ck about what people think of me?

What am I always thinking about?

What bullsh*t stories am I telling myself?

What do I think I'm lacking in my life and how do I give more of that?

What are people always asking me for or about?

What could I say yes to that I usually say no to? (and vice versa)

How do I want to show up in the world and what would that version of me do?