

Sacral Chakra Journal Questions

How can I bring more passion into my life?

List 3 of your happiest moments.
On another piece of paper or in your journal,
describe in detail. Who were you with? What were
you doing? Where were you?

Happiest moment #1

Happiest moment #2

Happiest moment #3

Write down any intuitive "hits" (gut feelings) you
received after beginning your Sacral Chakra work
this week.