

UNBLOCKED

THIRD CHAKRA ASSESSMENT



Your Solar Plexus Chakra

The solar plexus chakra represents SELF-ESTEEM and WILLPOWER and the “sacred energy of empowered action”... it provides the fuel you need to make things happen in the world.

When this chakra is blocked, you’re more likely to sabotage yourself, feel afraid, guilty, or selfish... and avoid taking action.

When it’s cleared, you feel confident, enthusiastic, and empowered to take bold, inspired action toward your dreams.

Question Guide for UNBLOCKED Bonus Video:

THIRD CHAKRA ASSESSMENT

THE SOLAR PLEXUS CHAKRA - Does desire and passion spring you into action?

Your 3rd chakra is also known as "the solar plexus chakra". You can think of it as "The Engine" that drives your action. It's also considered "the leadership chakra" because when it's balanced, you have a strong sense of self - and others see you as confident (but not overbearing). When your third chakra is unbalanced, you may tend to "freeze" or shy away from taking bold action. You can also feel "stuck" - or afraid of what others might think (especially if you "rock the boat").

Please rate the following questions on a scale of 1-10 to assess your third chakra.

Question #1:

I avoid getting attention (especially being the center of attention) - and often feel uncomfortable receiving praise.

1 2 3 4 5 6 7 8 9 10

Open & Flowing

Restricted

Blocked

Score of 1 = DOES NOT FEEL TRUE
(I am comfortable receiving attention and praise.)

Score of 10 = FEELS 100% TRUE
(I avoid being the center of attention.)

MY SCORE: _____

Question #2:

When I think about taking an action that will make me stand out, I freeze and/or agonize about how people might react.

1 2 3 4 5 6 7 8 9 10

Open & Flowing

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Score of 1 = DOES NOT FEEL TRUE
(I'm completely comfortable standing out.)

Score of 10 = FEELS 100% TRUE
(I'm afraid if I take bold action, people will get angry or criticize me.)

MY SCORE: _____

Question #3:

When I think about setting boundaries, I often end up feeling guilty (or being guilted by others)... so I usually don't bother.

1 2 3 4 5 6 7 8 9 10

Open & Flowing

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Score of 1 = DOES NOT FEEL TRUE

(It's easy for me to set boundaries even if it's a difficult situation.)

Score of 10 = FEELS 100% TRUE

(Setting boundaries makes me feel guilty and/or uncomfortable.)

MY SCORE: _____

Question #4:

When I try standing up for myself - or advocating for what I deserve, want, or don't want - I start to feel guilty and/or doubt my value.

1 2 3 4 5 6 7 8 9 10

Open & Flowing

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Score of 1 = DOES NOT FEEL TRUE

(It's easy for me to advocate for myself.)

Score of 10 = FEELS 100% TRUE:

(When I try to be my own advocate, I feel guilty and/or selfish - and I question whether I deserve it.)

MY SCORE: _____

Question #5:

I was raised to believe it was always better to give, sacrifice, and make others happy... and that I shouldn't be selfish.

1 2 3 4 5 6 7 8 9 10

Open & Flowing

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Score of 1 = DOES NOT FEEL TRUE

(I was raised to give and receive in balance.)

Score of 10 = FEELS 100% TRUE

(I feel like I'm being selfish if I don't always put others' needs first.)

MY SCORE: _____

Question #6:

When I think about taking bold action, I feel like I (or it) first needs to be perfect. I have high standards and don't want to be embarrassed.

1 2 3 4 5 6 7 8 9 10

Open & Flowing

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Score of 1 = DOES NOT FEEL TRUE

(I'm very comfortable taking bold action - even if it's imperfect.)

Score of 10 = FEELS 100% TRUE

(Before I take bold action, I want (myself or it) to be perfect.)

MY SCORE: _____