



Splendid 2018

in all areas of your life

Chakra Journal

Anne Haack

Chakra Healing &
Coaching



annehaackyoga



annehaack.net

Reflecting on 2017

2017 has been a turbulent year for many, as it was pressing us to let go of what doesn't serve us any longer, yet urging us to step up, make a leap forward and look into the future, where we want to be. Many of the things we planned might not have worked out (yet) or have been delayed, due to the chapters that needed to be closed first. So, in order to welcome 2018 as our most splendid year, let's reflect back at our life in 2017 first!

ROOT CHAKRA – MONEY, FAMILY, HEALTH / BODY

How was your overall health this year? Did you keep a sport / health routine? Did you pay attention to nutrition, stress levels and recreation in nature?

How did you deal with financial matters? Did you save money? Did you have a plan on how much you needed to earn for all that you wanted to spend? Did you invest in yourself?

How was the connection to & communication with your native family? Which patterns of habitual behavior, that no longer serve you, could you let go off?

HOW DO YOU RATE THE ROOT CHAKRA OVERALL, FROM 1 – 10? _____



SACRAL CHAKRA – SEXUALITY, JOY / FLOW, CREATIVITY

How was the connection to & communication with your partner? What triggered you? Could you express your sexuality & sensuality as you wished to?

Did you express yourself creatively this year? How?

What brought you completely in flow with life?

HOW DO YOU RATE THE SACRAL CHAKRA, FROM 1 – 10? _____



SOLARPLEXUS CHAKRA – WILLPOWER, POTENTIAL, JOB

Did you present and promote your ideas and projects this year? Did you create new ones?

Could you express your full potential this year?

How satisfied were you with your work environment?

HOW DO YOU RATE THE SOLARPLEXUS CHAKRA, FROM 1 – 10? _____



HEART CHAKRA – LOVE, COMPASSION, CONNECTION

Did you fully love and accept yourself as you are throughout the year? What did you struggle with in terms of self-acceptance?

How much did you connect with others to spend nurturing time in community?

Did you easily forgive others and see them with compassion vs judgement?

HOW DO YOU RATE THE HEART CHAKRA, FROM 1 – 10? _____



THROAT CHAKRA – TRUTH, COMMUNICATION, EXPRESSION

How truthful were you to yourself and others? Were you honoring your inner voice?

Did you communicate to the outer world in alignment with your inner world?

Did you find it easy to express yourself clearly to others, with your ideas, thoughts and feelings, or were you holding back?

HOW DO YOU RATE THE THROAT CHAKRA, FROM 1 – 10? _____



THIRD EYE CHAKRA – INTUITION, WISDOM

When and where was your intuition the strongest this year?

In which moments did you trust your inner wisdom, without needing to rely on external sources?

HOW DO YOU RATE THE THIRD EYE CHAKRA, FROM 1 – 10? _____



CROWN CHAKRA – SPIRITUALITY, GOD CONSCIOUSNESS

How did you honor your spirituality this year? How did you find connection to something greater than yourself?

HOW DO YOU RATE THE CROWN CHAKRA, FROM 1 – 10? _____



Envisioning 2018

2018 will be a year of partnerships, new projects and a sense of moving forward! It's the corner stone of a nine-year-period, which started this year that requires us to show up more fully for ourselves, the world and our true ideas and visions! Try to be as clear as possible how you'd like to experience yourself and your world in this new year.

ROOT CHAKRA – MONEY, FAMILY, HEALTH / BODY

How do you honor your body this year? What's your health ideal in terms of food, physical activity and relaxation? How do you implement that in your life?

How do you honor your finances? How do you save money? How much worth do you give yourself through the money that you earn for your services and the time spend at work and off work?

How do you improve the communication and connection to your family? Does that include less or more contact, less sharing or more honesty?



SACRAL CHAKRA – SEXUALITY, JOY / FLOW, CREATIVITY

How can you welcome your partner more? How do you wish to express your sexuality & sensuality with or without a partner? What nourishes your senses?

What creative outlets do you use this year to express yourself? How often?

What will you do more, to be in flow with life?



SOLARPLEXUS CHAKRA – WILLPOWER, POTENTIAL, JOB

Which ideas and projects will you bring to life in this year? What needs to be finished or refined?

How will you honor and express your full potential this year? What are necessary (and sometimes scary) action steps?

In which environment will you work to completely unfold your potential?



HEART CHAKRA – LOVE, COMPASSION, CONNECTION

How do you honor yourself, your feelings and your being this year? Where can you soften and be more compassionate towards yourself?

Who will you connect with to spend uplifting and inspiring time together?

What's your way to forgive people and let go of hurt? As an example, you can use *Ho'oponopono* (if you don't know what that is, just google it or check my blog).



THROAT CHAKRA – TRUTH, COMMUNICATION, EXPRESSION

What is your truth this year to be expressed and spoken out loud?

How do bring your inner and outer world in alignment?

What will you express and speak about more openly, to share yourself with the world: your emotions, feelings, ideas, thoughts, actions?



THIRD EYE CHAKRA – INTUITION, WISDOM

How do you strengthen your intuition?

What's your inner wisdom telling you for this year?



CROWN CHAKRA – SPIRITUALITY, GOD CONSCIOUSNESS

How do you honor your spiritual connection on a daily basis?



I hope this chart serves you greatly in the new year and I'd love to hear your feedback! If you are not a member of the Chakra Awakening, Yoga & Spirituality fb group, just join and exchange ideas here!

May it be of service,

Anne

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