

Crown Chakra Journal

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How mindfully aware are you?

What is your relationship with a higher power?

What is your shadow side?

How often do you channel your inner child?

What inner child healing work have you done?

How important is individuality to you?

How do you use your imagination?

How imaginative are you?

What do you feel wise in?

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What kind of intelligence do you have?

How do you use your intelligence for good?

What do you have a strong faith in?

How spiritual of a person are you?

What is your connection to source?

What is your connection to yourself?

What is your connection to your spirituality?

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How are you believing more in yourself?

Who or what is your higher power?

How are becoming more trusting?

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Describe your current belief system.

How often do you desire connection?

How often do you desire isolation?

How do you handle feeling disconnected?

Are you experiencing any confusion?

How do you handle mental highs and lows?