

Root Chakra Journal

eZodiacSigns.com

How do you ground yourself?

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How often do you feel grounded?

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What makes you feel safe and secure?

How do you feel secure within yourself?

Where does your strength come from?

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What is your connection to the earth?

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What are signs that tell you to ground yourself?

How are you making your internal world safe?

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How are you making your external world safe?

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What is your strategy for handling stressful situations?

What methods do you prefer using for grounding?

Where do you believe you are meant to be?

How do you look after your wellbeing?

How well do you take care of yourself?

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Describe your grounding routine.

How do you feel when you are in nature?

What do you compromise on?

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Describe how you feel in this present moment.

What survival instincts do you have?

What are some personal limits and boundaries you have?

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What makes you feel happy to be alive?

How do you make every moment count?

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When do you notice you need personal healing?

Describe your personal growth journey.