

Solar Plexus Chakra

Journal

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Do you feel like you are in control of your own life?

What are your personal strengths?

What is your personal power?

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When do you feel out of control?

When do you lose your power?

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How often do you trust your gut feelings?

Do you have a lot of confidence?

What makes you feel more confident?

What makes you feel insecure?

Do you have a positive self-image?

What gives you a negative self-image?

Do you ever fee inferior to others?

What are you sometimes ashamed by?

What does it mean to you to be confident?

Do you have a rough or gentle personality?

How od you describe yourself to other people?

List your positive inner qualities.

List your positive outer qualities.

When do you feel brave?

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What kind of emotional pressure are you under?

What has been bringing you joy lately?

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What makes you feel more reassured?

What do others love about you?

What do you love the most about yourself?

How are you becoming more sure of yourself?