



CHAKRA QUICK REFERENCE CHEAT SHEET (Printable)

1. Root Chakra – Muladhara

Location: Base of spine

Theme: Grounding, stability, safety

Color: Red 

Crystal: Red Jasper

Essential Oil: Cedarwood

Affirmation: “I am safe and supported.”

2. Sacral Chakra – Svadhisthana

Location: Lower abdomen

Theme: Creativity, pleasure, emotions

Color: Orange 

Crystal: Carnelian

Essential Oil: Ylang-Ylang

Affirmation: “I embrace joy and creativity.”

3. Solar Plexus Chakra – Manipura

Location: Upper abdomen

Theme: Confidence, willpower

Color: Yellow 

Crystal: Citrine

Essential Oil: Lemon

Affirmation: “I am strong and empowered.”



4. ♥ Heart Chakra – Anahata

Location: Center of chest

Theme: Love, compassion

Color: Green ♥

Crystal: Rose Quartz

Essential Oil: Rose

Affirmation: “I give and receive love freely.”

5. ● Throat Chakra – Vishuddha

Location: Throat

Theme: Communication, expression

Color: Blue ●

Crystal: Blue Lace Agate

Essential Oil: Peppermint

Affirmation: “I speak my truth clearly.”

6. ● Third Eye Chakra – Ajna

Location: Between the eyebrows

Theme: Intuition, wisdom

Color: Indigo ●

Crystal: Amethyst

Essential Oil: Frankincense

Affirmation: “I trust my inner guidance.”

7. ● Crown Chakra – Sahasrara

Location: Top of head

Theme: Spirituality, higher connection

Color: Violet/White ●

Crystal: Clear Quartz

Essential Oil: Lavender

Affirmation: “I am connected to divine wisdom



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Chakra Name: _____

Date: _____

☀️ How does this chakra feel today?

[] Balanced [] Blocked [] Overactive [] Unsure

💬 What emotions or physical sensations am I noticing?

🧘♀️ What did I do to support this chakra today? (e.g., yoga pose, meditation, crystal, oil, journaling, breathwork)

💭 Affirmation I'm using:

✨ Notes / Insights / Messages that came up:
