

Business Chakra Assessments

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Giacoma, Nanette; Open for Business: How to Achieve Professional Success Using the Power of Chakras

FIRST CHAKRA ASSESSMENT

First Chakra	Yes	No	Somewhat
Do you believe your business has a firm foundation?			
Is your business prosperous, with good cash flow?			
Does your business feel stable (i.e., not undergoing major changes)?			
Do you have good accounting, inventory, customer database, time tracking and other organizational systems in place?			
Do you have the best legal structure in place (LLC, corporation, nonprofit, etc.)?			
Do you have the necessary policies, procedures, and regulations in place?			
Are you adequately and appropriately covered by insurance?			
Are you paying yourself and/or employees well with generous benefits?			
Is your business growing sustainably – financially, humanely, and environmentally?			
Do you have the space, infrastructure, and equipment you need?			
Do employees feel safe at work?			
Do you nurture yourself and others?			
Do you have an organizational chart that shows lines of authority, team relationships and communication channels?			
Do you have job descriptions that helps define roles and responsibilities?			
Score			

Give yourself 2 points for every Yes, 1 point for every Somewhat, and 0 points for No.

Scale: 4-12 points: Strong need for first chakra balancing

13-20 points: Some first chakra balancing needed

21-28 points: Congratulations! The first chakra of your business is well-balanced.

SECOND CHAKRA ASSESSMENT

Second Chakra	Yes	No	Somewhat
Do you feel passion for your business?			
Do your vision and mission statements express your deeper passion, purpose, ethics, and ideals?			
Do you trust your feelings and your “gut instincts” about business decisions, relationships, and needed changes?			
Does your work environment generally have a positive vibe?			
Do you refuse to allow your negative moods or those of others to direct the day’s emotional pulse (affect the workflow and attitudes)?			
Are you attracting synchronicity in the form of the best, customers, business partners, and employees?			
Do you and others in your organization pursue work that gives pleasure?			
Does the work environment “feel” good? Does it facilitate workflow?			
Are mistakes considered part of the creative learning culture?			
Does your business respond easily to changes and fluctuations during the day and in the larger market?			
Emotionally, are you neither too open nor too closed?			
Do you celebrate and reward yourself and others in your business?			
Do you allow yourself and others in your business to express their authentic feelings?			
Do you mostly approach others from an emotionally balanced place?			
Score			

Give yourself 2 points for every Yes, 1 point for every Somewhat, and 0 points for No.

Scale: 4-12 points: Strong need for second chakra balancing

13-20 points: Some second chakra balancing needed

21-28 points: Congratulations! The second chakra of your business is well-balanced.

THIRD CHAKRA ASSESSMENT

Third Chakra	Yes	No	Somewhat
Do you feel powerful?			
Is your inner Magician-in-Chief balanced in yin and yang energy?			
Do you share power in your business with other stakeholders?			
Do you have a clear idea about what your business is and what it isn't?			
Do you have written core values that drive the actions of your business?			
Can you say no to things that aren't in alignment with your business path?			
Do you have SMART goals to which you are committed?			
Do you achieve most of your goals?			
Are you mostly satisfied with your business decisions and those of other team members?			
Do you routinely encourage team members to implement their ideas and innovations?			
Are you respected by team members, business partners, and other stakeholders?			
Do team members, customers, and business partners have a positive view of the leadership in your business?			
Are the expectations for hours worked per week for yourself and others reasonable and sustainable?			
Do you encourage periods of fun and relaxation for yourself and other team members?			
Score			

Give yourself 2 points for every Yes, 1 point for every Somewhat, and 0 points for No.

Scale: 4-12 points: Strong need for third chakra balancing

13-20 points: Some third chakra balancing needed

21-28 points: Congratulations! The third chakra of your business is well-balanced.

FOURTH CHAKRA ASSESSMENT

Fourth Chakra	Yes	No	Somewhat
Do you have primarily positive thoughts and emotions about your business?			
Do you follow your heart when making difficult decisions?			
Is there an attitude of gratitude about work in your business?			
Do you have a way for team members to give back to the community?			
Are work relationships with team members and other stakeholders loving and caring?			
Do you and team members have a deep sense of unity and connection with each other? With stakeholders? With the greater community?			
In difficult situations, is judgment suspended in favor of compassion and understanding?			
Do you feel there is “heart” in your bottom line?			
Do you take advantage of synchronicity on your business path?			
Do you attract the people, things, and situations you want in your business?			
Do you and team members see each other as equals?			
Do you and others in your business mostly forgive mistakes?			
Score			

Give yourself 2 points for every Yes, 1 point for every Somewhat, and 0 points for No.

Scale: 4-12 points: Strong need for fourth chakra balancing

13-20 points: Some fourth chakra balancing needed

21-28 points: Congratulations! The fourth chakra of your business is well-balanced.

FIFTH CHAKRA ASSESSMENT

Fifth Chakra	Yes	No	Somewhat
Do you have open and honest communication with customers, business partners, and team members?			
Do you hold frequent, productive meetings with team members and other stakeholders?			
Do you encourage open dialogue with team members, customers, and other stakeholders? Even hard ones?			
Do you listen deeply to your own needs?			
Do you listen deeply to the needs of others?			
Do you clarify your understanding when someone is talking?			
Are you able to listen without interrupting?			
Do you give balanced positive and negative feedback to others?			
Do you refrain from gossiping or talking about others judgmentally?			
Do you have a strong and effective marketing message and strategy that bring in new customers?			
Do others understand when you talk about your business and what you do?			
Do you feel like you are fulfilling your business destiny?			
Score			

Give yourself 2 points for every Yes, 1 point for every Somewhat, and 0 points for No.

Scale: 4-12 points: Strong need for fifth chakra balancing

13-20 points: Some fifth chakra balancing needed

21-28 points: Congratulations! The fifth chakra of your business is well-balanced.

SIXTH CHAKRA ASSESSMENT

Sixth Chakra	Yes	No	Somewhat
Do you believe you have good business instincts or intuition?			
Do you take action based on your instincts and intuition?			
Do you balance intuitive and rational thinking when making decisions?			
Are you able to get emotionally neutral and mentally quiet to tap into your intuition?			
Do you seek wisdom from the signs and symbols that appear?			
Are you clear about your business intentions?			
Do you engage in visualizations, daydreams, making vision boards, or other imaginings about your business?			
Do you think others understand your vision for your business?			
Do you remember your dreams? Are they vivid?			
Do you write down your dreams and act on the wisdom you gain from them?			
Are you open-minded?			
Do you trust the process (versus avoiding the unknown)?			
Score			

Give yourself 2 points for every Yes, 1 point for every Somewhat, and 0 points for No.

Scale: 4-12 points: Strong need for sixth chakra balancing

13-20 points: Some sixth chakra balancing needed

21-28 points: Congratulations! The sixth chakra of your business is well-balanced.

SEVENTH CHAKRA ASSESSMENT

Seventh Chakra	Yes	No	Somewhat
Do you believe in a Higher Power?			
Do you believe you receive guidance and take action based on spiritual support?			
Are you able to let go of control and let god/dess take the lead?			
Have you experienced miracles in your business?			
Is your business mostly clear of nonessentials?			
Do you think you are fulfilling the higher soul-purpose of your business?			
Do you believe that the positive and negative thoughts you put out in the world come back to you in kind?			
Do you have a spiritual practice (meditation, prayer, yoga, etc.)?			
Are you able to get emotionally neutral for balanced thinking and decision-making?			
Are you mostly able to stay mentally focused when needed?			
Do you model the things in your business you wish to see in the world?			
Are you able to see value in differing belief systems?			
Score			

Give yourself 2 points for every Yes, 1 point for every Somewhat, and 0 points for No.

Scale: 4-12 points: Strong need for seventh chakra balancing

13-20 points: Some seventh chakra balancing needed

21-28 points: Congratulations! The seventh chakra of your business is well-balanced.