

THEENERGYEDIT.ME



THE ENERGY EDIT: ROOT CHAKRA GROUNDING RITUAL

WORKSHEET

Healing a blocked root chakra isn't a one-time fix. It's a daily practice of choosing safety, presence, and grounding. My worksheet that you can download right now to track your energy and build your daily anchors.

BY COURTNEY REVELS

WELCOME

Hi There!

If you found your way to this worksheet, chances are your nervous system has been running on high gear lately. Maybe you've been feeling scattered, trapped in an overthinking loop, or completely exhausted from operating in constant survival mode. First, take a deep breath. Drop your shoulders away from your ears, unclench your jaw, and let yourself arrive right here in this exact moment. You are safe, and you are exactly where you are meant to be.

When our energy is pulled in a million different directions, we lose our anchor. We get disconnected from our bodies, our intuition becomes quiet, and burnout takes over. This Root Chakra Grounding Ritual worksheet isn't another rigid chore to add to your daily to-do list. It is a sacred invitation to slow down, return to your body, and reclaim your personal power.

The small somatic shifts you practice today are the foundational building blocks for a life of true alignment and stability. You don't have to figure it all out right now—you just have to take one grounded step at a time.

I am so incredibly honored to walk this path of holistic healing alongside you. Let's clear the noise, protect your peace, and edit your energy together.

Courtney Revels

ABOUT ME

As an intuitive Reiki Energy Practitioner and deep spiritual mentor, I provide a compassionate, completely judgment-free space designed around pure alignment.

My mission is to help you clear the energetic clutter, align with your highest potential, and step fully into your power. Through a blend of intuitive strategy, ancient wisdom, and energetic healing, we will co-create a roadmap for your ultimate transformation.



THE DAILY ENERGY CHECK-IN

*"I am safe. I am grounded. I am anchored in this moment."
When your Root Chakra is imbalanced, you feel scattered, anxious,
and stuck in a mental loop. Use this worksheet to step out of
survival mode and drop back into your physical body.*



THE SURVIVAL MODE SCAN

01 Rate how you are currently feeling on a scale of 1 (Low/Anxious) to 5 (Grounded/Secure):

PHYSICAL TENSION (CLENCHED JAW, TIGHT SHOULDERS, SHALLOW BREATHING): 1 2 3 4 5

02 Rate how you are currently feeling on a scale of 1 (Low/Anxious) to 5 (Grounded/Secure):

MENTAL RESTLESSNESS (OVERTHINKING, RACING THOUGHTS, SAFETY ANXIETY): 1 2 3 4 5

03 Rate how you are currently feeling on a scale of 1 (Low/Anxious) to 5 (Grounded/Secure):

PRESENCE (FEELING DETACHED FROM YOUR BODY VS. FULLY HERE): 1 2 3 4 5

THE ACTIONABLE SOMATIC TOOLKIT

My 3-Step Daily Anchors

To move out of "fight or flight," select one practice from each category below to complete today. Check them off as you go.

Somatic Movement (Pick One):

- 5 minutes of mindful yoga (Child's pose, Mountain pose, or Forward fold).
- A tech-free walk, focusing entirely on the feeling of your feet hitting the earth.

Environmental Grounding (Pick One):

- Hold a grounding crystal (like Black Tourmaline, Smoky Quartz, or Red Jasper).
- Light a grounding ritual candle or diffuse an earthy scent (cedarwood, patchouli, or sandalwood).

Mental Release (Pick One):

- A 3-minute breathwork box-breathing exercise (Inhale for 4, hold for 4, exhale for 4, hold for 4).
- Write down 3 things in your immediate physical environment that prove you are safe right now.

NOTES:

REFLECTION & INTEGRATION

Grounding Journal Prompts

Take 5 minutes after your somatic movement to answer these two questions with total candor:

What is one boundary I can set today to protect my energy and stay anchored?

Use this space to provide more details, or to expand on the question that is listed above. Keep this within 2 to three lines

What or who has been draining my sense of safety and stability the most this week?

Use this space to provide more details, or to expand on the question that is listed above. Keep this within 2 to three lines



WANNA LEARN MORE?



To see if we can work together to find a path that works for your unique situation, click on the button below to apply for a free consultation.

SCHEDULE A FREE CALL



THEENERGYEDIT.ME