



CHAKRA SERIES CHECK LIST

ROOT CHAKRA MASTER CLASS -----

- COMPLETE YOUR 7-DAY INTERACTIVE ROOT CHAKRA JOURNAL
- SUMMARY OF WHAT THE ROOT CHAKRA MEANS TO YOU AND HOW BEING GROUNDED IMPACTS YOUR LIFESTYLE
- AFFIRMATION CLASS ACTIVITY (PARTNER)
- CHAKRA COURSE PREPAREDNESS CHECK

SACRAL CHAKRA MASTER CLASS -----

- COMPLETE YOUR 7-DAY INTERACTIVE SACRAL CHAKRA JOURNAL
- COMPLETE JOURNAL PROMPT OF WHEN SOMEONE MAKES YOU FEEL SPECIAL & REFLECT ON YOUR UNIQUENESS.
- SUMMARY OF WHAT THE SACRAL CHAKRA MEANS TO YOU; DISCUSS AN EXPERIENCE OR PREPLAN FOR THE FUTURE ON HOW YOU WILL IDENTIFY WHEN SELF-NURTURANCE IS NEEDED; THE BEST WAY TO PROTECT YOUR ENERGY
- CLAIRSENTIENCE CLASS ACTIVITY
- REAL TALK OVERVIEW

SOLAR PLEXUS CHAKRA MASTER CLASS -----

- COMPLETE YOUR 7-DAY INTERACTIVE SOLAR PLEXUS JOURNAL
- TURNING OBLIGATION INTO A CHOICE WORKSHEET CLASS ACTIVITY
- SUMMARY OF YOUR EXPERIENCE WITH THE SOLAR PLEXUS BETWEEN FOODS YOU INCORPORATED INTO YOUR DIET AND PHYSICAL ACTIVITIES; WHAT THE SP MEANS TO YOU; HOW DOES GROUNDING RELATE TO THE SP & ROOT CHAKRA
- REAL TALK OVERVIEW

HEART CHAKRA MASTER CLASS -----

- INCORPORATE GREEN INTO YOUR WARDROBE
- CHECK-IN WITH LOVED ONES ON YOUR PROGRESS
- OPTION 1: CREATE HEART CHAKRA ART WITH AFFIRMATIONS
- OPTION 2: TAKE YOURSELF ON A DATE P. 98-100
- COMPLETE YOUR 7-DAY INTERACTIVE HEART CHAKRA JOURNAL
- SUMMARY OF WHAT THE HEART CHAKRA MEANS TO YOU ON YOUR PATH; PERSONAL FAV BREATHWORK
- REAL TALK OVERVIEW
- HEART CHAKRA OPENERS CLASS ACTIVITY

THROAT CHAKRA MASTER CLASS -----

- COMPLETE YOUR 7-DAY INTERACTIVE THROAT CHAKRA JOURNAL
- GIVE ADVICE TO A STUDENT VIDEO OR AUDIO CLIP
- LET CASS KNOW IF YOU GIVE CONSENT FOR YOUR ADVICE TO A STUDENT TO BE SHARED
- SUMMARY OF WHAT THE THROAT CHAKRA MEANS TO YOU AND WHEN TO RECOGNIZE WHEN THIS CENTER IS UNDERACTIVE OR OVERACTIVE
- ZENNER CARD CLASS ACTIVITY (PARTNER)
- REAL TALK OVERVIEW

THIRD-EYE CHAKRA MASTER CLASS -----

- COMPLETE YOUR 7-DAY INTERACTIVE THIRD-EYE JOURNAL
- AFFIRMATION WATER CLASS ACTIVITY
- CREATE A SUMMARY OF WHAT THE THIRD-EYE MEANS TO YOU. HOW DOES THE TE RELATE TO ALL THE OTHER CHAKRAS LEARNED THIS FAR? HAVE YOU EXPERIENCED SYMPTOMS OR DOWNLOADS DURING THE THIRD EYE JOURNEY? HOW DO YOU SEE YOURSELF STAYING BALANCED?
- WEAR INDIGO/PURPLE SHADES
- CHECK IN WITH LOVED ONES
- REAL TALK OVERVIEW

CROWN CHAKRA MASTER CLASS -----

- COMPLETE YOUR 7-DAY-INTERACTIVE CROWN CHAKRA JOURNAL
- REVIEW CLASS IN SUMMARY; WHAT YOU LEARNED; WHAT YOU FOUND MOST IMPORTANT; HOW DOES THE CHAKRA SYSTEM RELATE TO THE PHYSICAL AND EMOTIONAL BODY; HOW WOULD DESCRIBE THE CHAKRA SYSTEM TO A FRIEND; WHAT DOES THE CROWN CHAKRA REPRESENT TO YOU
- WRITE A LETTER TO YOUR FUTURE SELF AND WHAT YOU WOULD LIKE TO MANIFEST WITHIN NOW AND THE NEXT YEAR
- MAIL LETTER TO CASS SEALED IN AN ENVELOPE WITH A RETURN ADDRESS
- OPTIONAL: WRITE A LETTER TO CASS AND EITHER MAIL OR EMAIL LETTER OUT ABOUT ANYTHING & EVERYTHING
- TASSEOGRAPHY CLASS ACTIVITY
- REAL TALK OVERVIEW
- FINAL EXAM
- SCHEDULE REIKI SESSION WITH ATTUNEMENT