



THE GROUNDED SOUL CHECKLIST

INNER VOICES HEALING

Reconnect. Release. Remember who you are.



There's a reason you've felt a bit off lately.

Your Root Chakra – the foundation of your energy system – might be asking for a little love and attention, you just haven't heard it.

When your root energy is balanced, you feel safe, steady and supported by life.

When it's not, everything else feels wobbly: emotions, hormones, sleep, even confidence.

This isn't about becoming someone new – it's about listening your way back home.

Let's see where you're at 📍



1. CHECK YOUR GROUNDING



Note anything that feels familiar right now:

- I feel tired but wired – like my mind won't switch off.
- I overthink things that used to feel simple.
- I crave control because uncertainty feels unsafe.
- My body feels tense, especially in my hips, legs or lower back.
- I find it hard to slow down or rest without feeling guilty.
- I keep trying to 'push through' when what I really need is stillness.

✨ If you noted three or more, your root energy may be running on empty.



▼ 2. Notice What's Supporting You

Take a moment to reflect and ask yourself – where are you already grounded?

- What helps you feel calm or safe in your body?
- Who or what makes you feel held and seen?
- What daily rituals remind you that you belong here, right now?

Sometimes we forget that we're already doing more right than we realise.



3. Gentle Practices to Reconnect



No need for hours of meditation or elaborate routines – just simple daily grounding:

- Barefoot moments – stand on grass or earth for 2–3 minutes.
- Root breath – imagine breathing down through your feet, releasing stress into the ground.
- Safety statements – say aloud: “It’s safe for me to slow down. I’m allowed to be supported.”
- Body gratitude – touch your legs, hips, or belly and thank your body for carrying you through.

A few minutes a day having the conversation with your root chakra shifts more than you think.

🌟 4. Your Root Reminder

You don't have to fight your body, talk to it - it's on your side.

You don't have to earn rest - you deserve it.

You don't have to be fearless - you just need to feel safe enough to try.



🌸 5. Next Step: Deepen the Grounding

If this checklist has resonated, your Root Chakra may be asking for more than awareness.

It may be asking for attention.

For space.

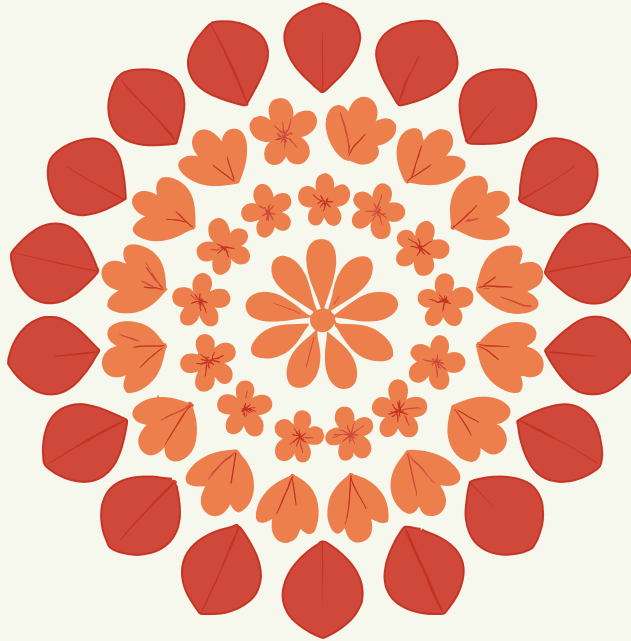
For a conversation.

Awareness is the first step.

Listening is the next.



Final words from me



If you take one thing away from this checklist, let it be this:

You are not out of step.

You are being invited to listen more closely.

Your system already knows what steadiness feels like.
Sometimes it simply needs space to speak.

Let's begin by planting your roots.

With care,
Jillian Shiers

Midlife is a reset, not a crisis – it's an invitation to return to yourself.



snappy anxious
lost restless
overwhelmed numb
exhausted drained
invisible disconnected

You don't feel like yourself...

**carrying emotions and energy that
don't belong to you...**

**Begin understanding yourself again
with the tools to support your energy.**

**Imagine if you could discover where emotion was trapped in your
energy system and be guided to release it, and encourage healing.
Explore the ways we can help you do that below** 

CHAKRA VOICES™ TOOLKIT



The Chakra Voices™ Toolkit is a guided healing and self-awareness collection designed to support you through the moments when you feel emotionally overwhelmed, stuck, disconnected, reactive, or simply 'not yourself.'

Choose the one that feels most like you right now...
Don't overthink it - just choose the one that feels most true for you.

☐ I feel like I'm constantly holding everything together... or I just feel a bit lost and unsure where I stand

☐ I either feel overwhelmed by my emotions... or disconnected from how I feel altogether

☐ I put pressure on myself to get things right... or I doubt myself and struggle to make decisions

☐ I give a lot to others and feel drained... or I hold back and find it hard to fully open up

☐ I say things quickly or feel misunderstood... or I keep things in and don't say what I really mean

☐ I overthink everything and struggle to switch off... or I feel unsure of my inner direction and clarity

☐ I feel like I'm searching for something more... or I feel disconnected and unsure of my place in things

What if how you're feeling is trying to tell you something?

If you want to find out which of your energy centres is crying out for help right now, you can take a short quiz to see what your next steps could be.

Work With Your Energy Centres Using The Single Chakra Voice™ Experiences



Explore The Chakra Voice™ Tools



Jillian Shiers



InnerVoicesHealing.com