

THE CELESTIAL  
ALCHEMIST

# ***ENERGY CHECK IN & GLOW UP***

## ***MAP***







# **Energy Check-In & Glow-Up Map**

**Scan, align & glow from the inside out!**



## **What is this?**

**This is your magical energy map  
to help you check in with your  
body, heart, and spirit.  
Each energy point is like  
a glowing power center  
in your body –  
when they're all lit up,  
you feel amazing, strong,  
and like your best self!**

**You can use this map in  
the morning, before bed,  
or anytime you feel a  
little off or need a  
confidence boost.**

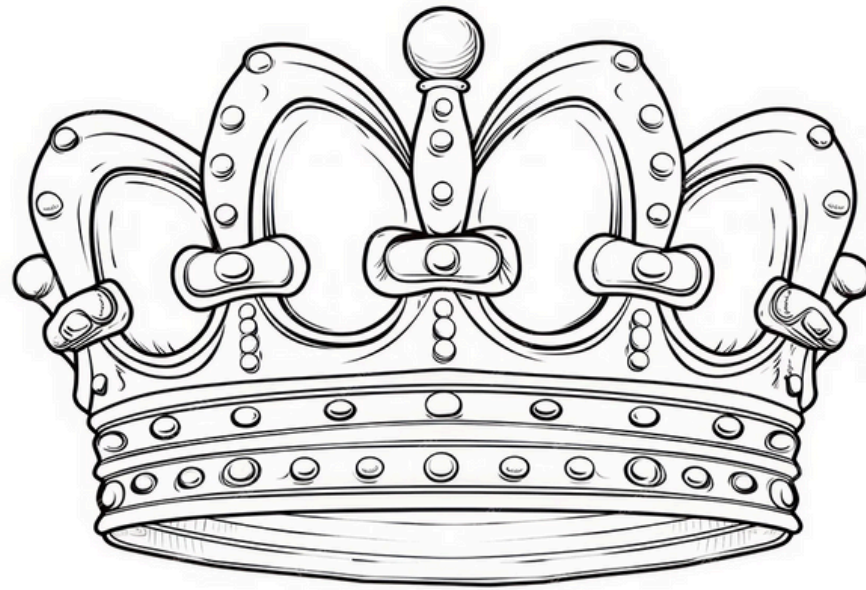
# How to Use This Map:

- 1. Scan your body from top to bottom:  
Take a few deep breaths and check in  
with how each energy point feels.**
- 2. Use your glow-up tools: Say the  
mantras, move your body, and feel the  
energy shift.**
- 3. Draw or color in your energy map**
- 4. Pick one energy point to focus on each  
day and build your Superpower  
Strength!**





# **Crown (Top of Head) – I Am Connected**



**Feeling: Inspired, peaceful, like a magical genius**

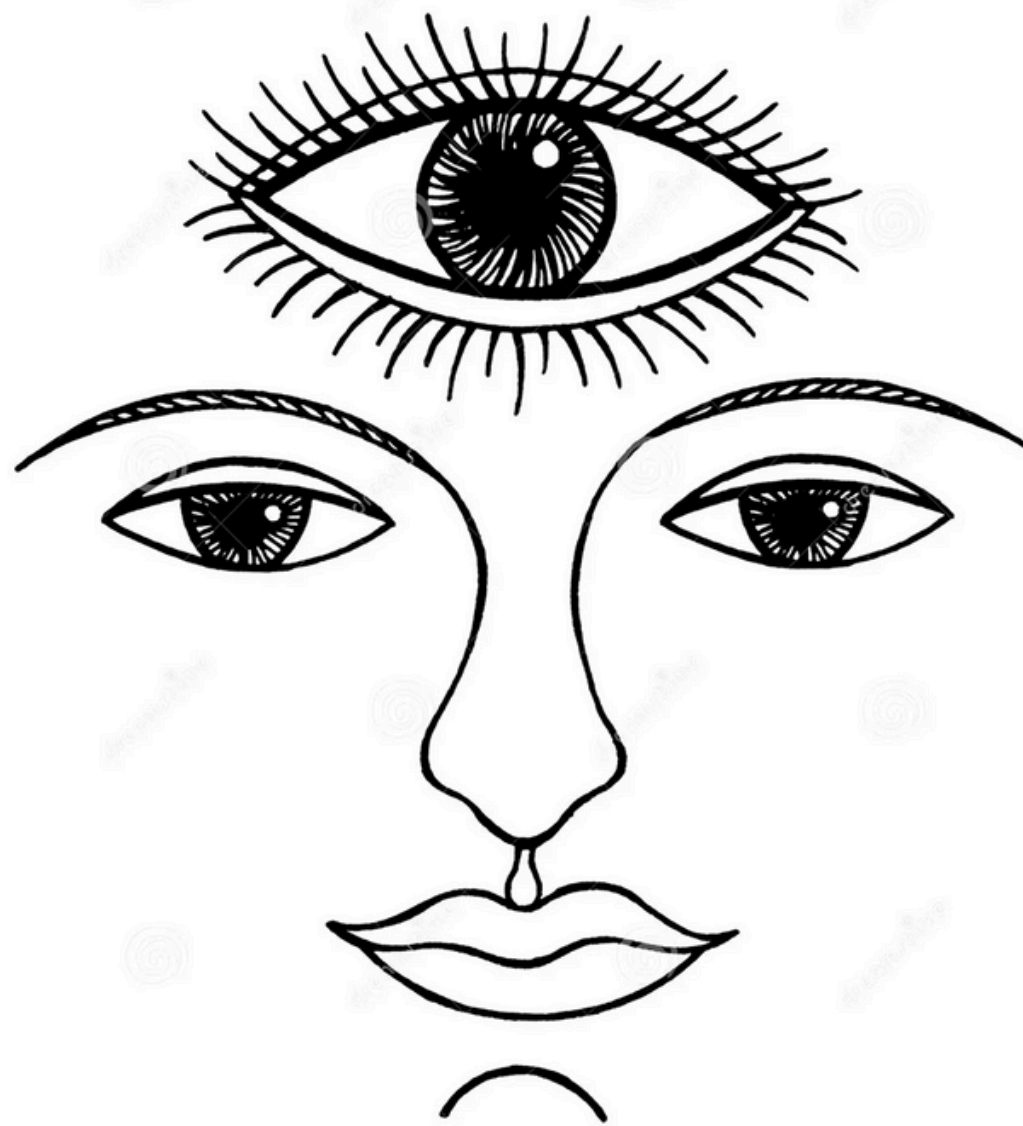
**If it's blocked: You might feel confused, sad, or disconnected**

**Glow-Up Tool: Close your eyes, imagine a crown made of light on your head, and say:**

**“I am connected to something bigger. I trust myself.”**



# **Third Eye (Forehead) – I See Clearly**



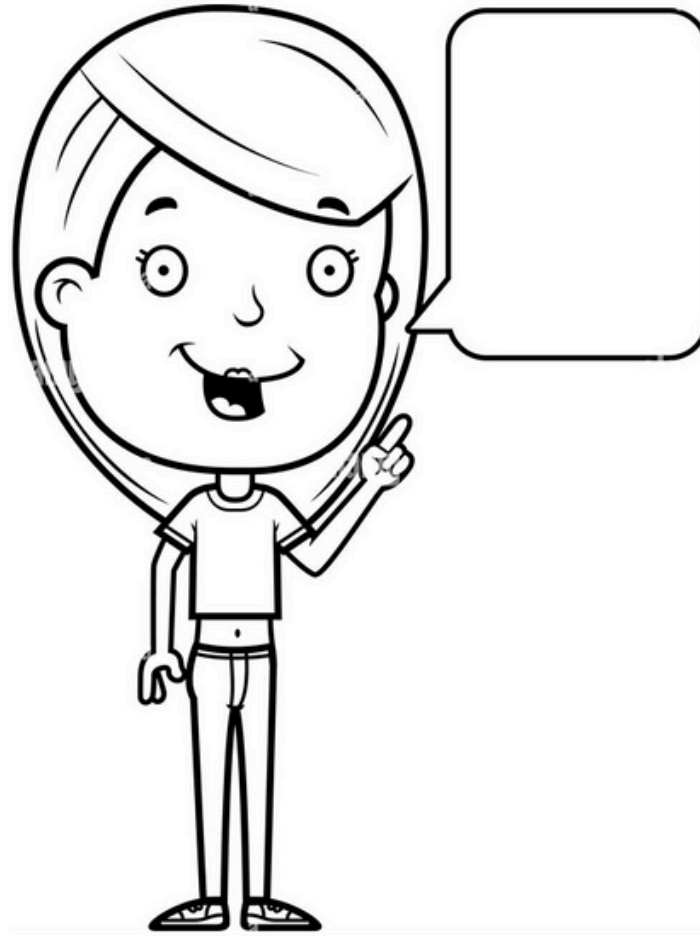
**Feeling: Focused, creative, full of good ideas**

**If it's blocked: You might feel scattered,  
worried, or stuck in your thoughts**

**Glow-Up Tool: Place your hand on your  
forehead and say:  
“I trust what I see and feel. I’m super wise.”**



# **Throat Chakra – I Speak My Truth**



**Feeling: Brave, honest, expressive**

**If it's blocked: You might feel shy, like people don't hear you, or scared to speak up**

**Glow-Up Tool: Take a deep breath and say out loud:**

**“My voice matters. I share my truth with love.”**



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# **Heart Chakra – I Am Love**



**Feeling: Happy, kind,  
loved, loving**

**If it's blocked: You  
might feel sad, jealous,  
or lonely**

**Glow-Up Tool: Hug  
yourself and say:  
“I am love. I send  
kindness to myself and  
others.”**

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# **Solar Plexus Chakra (Belly) – I Am Powerful**



**Feeling: Confident, strong, proud**  
**If it's blocked: You might feel**  
**nervous, embarrassed, or afraid to**  
**try**

**Glow-Up Tool: Stand like a**  
**superhero and say:**  
💬 **"I believe in me! I am brave and**  
**bold!"**



# **Sacral Chakra (Below Belly Button) I Feel Joy**



**Feeling: Creative, excited, full of fun ideas**

**If it's blocked: You might feel bored, frustrated, or stuck**

**Glow-Up Tool: Wiggle your hips or dance and say:**

**“I create magic! I feel amazing!”**

# **Root Chakra (Base of Spine) I Am Safe**



**Feeling: Calm, grounded, like  
you belong**

**If it's blocked: You might  
feel scared, anxious, or unsure**

**Glow-Up Tool: Stomp your  
feet and say:**

**“I am safe. I am strong. I am  
right where I need to be.”**





















