



Solar Plexus Chakra

Power, Confidence & Will – The Worth & Power Wound



WHERE THIS LIVES IN THE BODY

Upper abdomen, below the ribs, your center of personal power and confidence.

COLOR Yellow ELEMENT Fire MANTRA RAM

Money as personal power. If you've spent your life shrinking so you don't take up too much space, let's talk.

THE WOUND & ITS SYMPTOMS

Your solar plexus chakra holds your personal power, your confidence, your sense of worth. When it's wounded around money, it can look like chronic underearning, undercharging, or a fear, quiet or loud, of actually being seen as successful. This one loves to disguise itself as humility, but underneath it is usually a fear that claiming your worth in real dollars means claiming too much power.

- Undercharging or discounting your work before anyone even asks
- Imposter syndrome that intensifies exactly when income starts to grow
- Freezing, over-explaining, or backing down during negotiation
- Giving away financial decision-making power to a partner, parent, or employer
- Discomfort being seen as successful, even when you've worked hard for it

THE STORIES WE TELL OURSELVES

"I'm not good enough yet to charge more."

"If I'm successful, people will think I'm arrogant."

"Who am I to want this much?"

"Money is control, and I don't want to control or be controlled."

Some of this you wrote yourself, in a moment someone told you that you were "too much." But a lot of it is inherited, from environments where confidence (especially in women, or in certain family roles) got punished instead of celebrated, or from a parent whose own unhealed power wound taught you that staying small was safer.

WHEN THIS WOUND LIKELY FORMED

AGES 15–21

Your solar plexus developed somewhere between ages 15 and 21, the years you were forming your identity and your independence, your first jobs, your first paychecks, your first real taste of autonomy. If your emerging confidence got criticized, if ambition got labeled arrogance, or if you watched a parent's power get punished during those years, money and personal power probably got quietly fused with danger.



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HOW TO HEAL THIS WOUND

PRACTICAL ACTIONS

- Raise your rates in small, repeatable increments rather than waiting for a "big enough" moment
- Practice naming your price out loud, in the mirror, before you ever have to say it to a client
- Keep a running list of wins and income growth. Your nervous system needs the evidence
- Set one financial boundary this month, even a small one, and follow through on it

SPIRITUAL ACTIONS

- Solar plexus fire practices: sunlight, core-engaging movement, breathwork that builds heat
- Personal power journaling: where in your life have you claimed your worth and it went fine?
- Yellow or golden stones (citrine, tiger's eye) as anchors for confidence work
- Solar plexus affirmations: "My worth is not up for negotiation. I am allowed to take up space."

WHAT HEALING FEELS LIKE

Healing here feels like steadiness. It's stating your rate without your voice shaking. It's staying in a negotiation instead of collapsing out of it. It's actually feeling proud of your income, instead of hiding it.

EXAMPLES OF BALANCED, FLOWING ENERGY

- Naming your price clearly, without over-explaining or apologizing for it
- Receiving a no in negotiation without spiraling into self-doubt
- Feeling steady, not defensive, when someone asks what you charge
- Making financial decisions as an equal partner, not a subordinate one

A GENTLE REMINDER

Imposter feelings tend to come back exactly when the stakes get higher: a bigger client, a bigger ask, a bigger version of you. That's not a setback. That's the wound meeting new territory. Healed doesn't mean the doubt never shows up again. It means you act anyway, and you recover faster than you used to.



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Take a breath before you start. Write quickly and don't edit yourself, there's no right or wrong way to do this.

WHICH SYMPTOMS RESONATE WITH YOU RIGHT NOW?

- ☐ Undercharging or discounting your work before anyone even asks
- ☐ Imposter syndrome that intensifies exactly when income starts to grow
- ☐ Freezing, over-explaining, or backing down during negotiation
- ☐ Giving away financial decision-making power to a partner, parent, or employer
- ☐ Discomfort being seen as successful, even when you've worked hard for it

Where do I see this wound showing up in my life right now?

Which story feels most familiar? Where might I have learned it?

One practical action I'll try this week:

One spiritual practice I'll try this week:

What would balanced, flowing energy feel like for me here?

Today's date:

Healing isn't linear. Be gentle with yourself as you go.

This workbook was written and designed by humans, with technical support of AI



Meet Your Guide

AKA, the author

Jenni Fulton

Holistic Financial Coach & Intuitive Guide

Founder of Untamed Abundance LLC

Hi, I'm Jenni. I'm the founder of Untamed Abundance, a holistic coaching practice based out of the Midwest United States, where I help people build a healthier relationship with money by combining practical strategy with the kind of deep, embodied, spiritual work that actually makes change stick. I also work under Untamed Intuition, offering tarot, astrology, and intuitive mentorship for anyone drawn to a spiritual layer of the work.

This workbook is original content. The frameworks, the language, and the lived experience with clients doing exactly this kind of healing are mine. Every idea, structure, and story here comes from years of real work with real people.

Also, in case you were wondering, in this age of artificial things: I am a whole, real person on the other side of this PDF. If any of this resonates, I'd love to connect, whether that's through a 1:1 coaching session, my membership program, one of my group courses or events or just a quick note to say hello.

Learn more about me and my work at untamedabundance.com or follow us on socials:



Also, if it sings, check the complete money wounds workbook with guides and worksheets for all seven core chakras as well as the companion meditation series recorded by me!