



Stop

and take a breath



Drop

into how you're feeling



Roll

on an oil + speak
power words



Positive Self-Talk

Use your oil blend while giving yourself some encouraging self-talk.

Maybe even come up with your own 'I AM' statements that feel good to you!



I am strong and capable.

I am brave and courageous.

I am creative and imaginative.

I am grateful for all that I have.

I am unique and special in my own way.

I am loved and supported.

I am calm and peaceful.

