Stop and take a breath



+ Drop into how you're feeling

Roll
on an oil + speak
power words

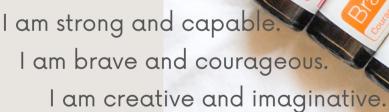




Positive Self-Talk

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!



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

