

SNIF + SHIFT

NOTICE THE THOUGHT.

IS IT NEGATIVE? BELITTLING? JUDGEMENTAL?

CHOOSE AN OIL.

APPLY. BREATHE.

INVITE IN GRACE. GRATITUDE. SELF-ACCEPTANCE

SHIFT THE ENERGY.



ANCHOR IN A NEW TRUTH...

WHETHER YOU FEEL IT RIGHT NOW OR NOT.

I am at peace.

I am open to harmony in my life.

I am moving forward in the direction of my dreams.

I am divinely supported.

I am abundant.

I trust my inner guidance.

I love myself enough to pursue my dreams.

@ALLISONJHENRY

scan to purchase the oils.

