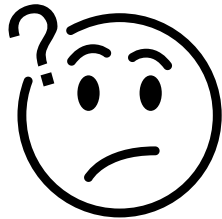


# Become an emotions scientist!

How are you feeling?  
How would you like to feel?



Angry



Confused



Joyful



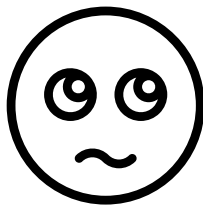
Sad



Relieved



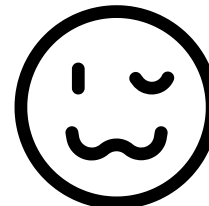
Fearful



Distracted



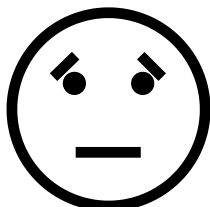
Powerless



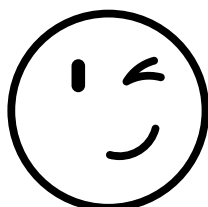
Irritated



Hopeless



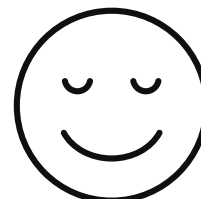
Worried



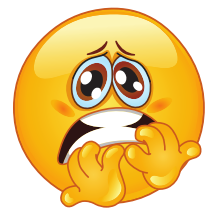
Energized



Scared



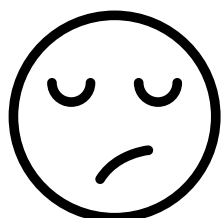
Calm



Anxious



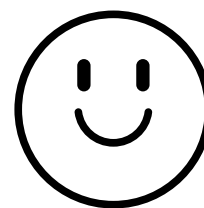
Sad



Bored



Determined



Happy



Inspired

- Use the roll on on your wrists or palms. Rub it in.
- Hold hands to nose and breathe deeply.
- Inhale for a minimum of 10 seconds.
- Speak your 'I AM' statement.



Angry



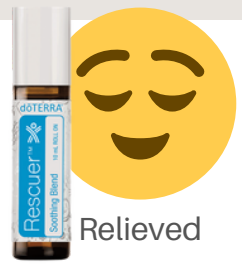
Confused



Joyful



Sad



Relieved



Fearful



Distracted



Powerless



Irritated



Hopeless



Worried



Energized



Scared



Calm



Anxious



Sad



Bored



Determined



Happy



Inspired

*Check in: how are you feeling?*

Scan to purchase oils at 25% off:

