

A daily practice to develop your skills of awareness and reflection

To live well and in a way that creates a positive impact, you need to understand your own mind and your inner world a little bit better.

1. Mindfulness Meditation.

Even five minutes of practice a day can make a huge difference.
Try this for 10 days and see how you feel.

Once you have completed each day, check it off.



2. Gratitude.

Each day, write down in your journal or notebook three things you're grateful for.
Try this for 10 days and see how you feel.

Once you have completed each day, check it off.



3. Affirmations.

Identify two or three personal affirmations that reflect the person you hope to be. Write them down, and then repeat them to yourself every day for 10 days.

Once you have completed each day, check it off.



Some Natural Solutions For Emotional Support

It's no secret that I am a passionate essential oil user. Below are some of my personal favourite oils that help me on a day to day basis as a creative to manage emotions, stay motivated, positive and inspire creativity.

- **Bergamot** - Fruity and sweet, it reduces stress, anxiety and apathy.
- **Frankincense** - This spicy oil calms and soothes the whole body and mind.
- **Jasmine** - Deliciously fragrant, it produces feelings of calm, confidence, optimism and euphoria.
- **Cypress** - eliminates mental fog and nervous tension
- **Orange Citrus** - stimulates joy, eases anxiety and worry
- **Eucalyptus** - boosts enthusiasm, creativity and mental acuity
- **Lavender** - enhances mood, induces relaxation
- **Peppermint** - invigorates the mind, promotes concentration
- **Clary Sage** - increases intuitive powers, inspires higher consciousness
- **Rosemary** - improves mental clarity

How does it work?

Inhalation: When aromas are inhaled they reach the olfactory bulb at the top of the nose, which is an extension of the portion of the brain called the limbic system. The limbic system is composed of structures that deal with emotions, memories and stimulation, and it is there that essential oil molecules can trigger an emotional shift.

Absorption: Essential oils can also be absorbed into the bloodstream through the skin. As the oil circulates through the body's bloodstream it is delivered to the brain.

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