

Breakthrough Worksheet With a Coach



1. Which of these are you **noticing most**? Choose oil, emotion, or body.



What oil do you feel drawn to?

_____ Oil



What emotion is coming up for you?

_____ Emotion



What physical issue or tension are you experiencing?

_____ Physical Issue

2. Look up your identified emotion (p. 211+ or app). Select 1-2 of the oils listed.

_____ Oil

_____ Oil

3. Read your chosen oil description(s) (p. 16-173 or app). Write down any insights. Deeply inhale the aroma.

4. Come back to your emotion (p. 211+ or app). Ponder the Look Deeper question(s) and write down any insights.

5. Release the emotion:

Speak aloud:

"I choose to release this [emotion] with all of its negative attachments and hold on me. I now hand it over to the [Divine] for transformation and healing."

Visualize & Aromatically Anchor

6. Receive a new way of being: After this release, how are you feeling? _____

7. Declare : _____

8. Visualize : _____

Aromatic Anchor

9. Integrate through self-nurturing: _____

10. Move forward with this new awareness: _____

11. Wrap up with gratitude: What has been the most powerful learning breakthrough for you in this process?

12. Return to this process: Healing is a journey. Come back as often as needed. Know that you are divinely supported and trust that the power is within you to transform and heal!



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