

# 60 SECOND EMOTIONAL RESET

14 DAY JOURNAL

[WWW.STEFANIEOLSON.COM](http://WWW.STEFANIEOLSON.COM)



SCAN ME

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# WELCOME

In 2016 I discovered the Aroma Freedom Technique (AFT), a 12 step process developed by renowned Dr. Benjamin Perkus, Ph.d. - in which you use the power of scent through high quality essential oils, and are guided to TRANSFORM any fears, habits, and negative beliefs that hold you back, so you can begin living from a place of freedom and PERSONAL POWER!

How does AFT work?

1. Deeply CONNECT with what you want
2. CLEAR OUT your inner resistance to pursuing it or receiving it
3. CULTIVATE the skills necessary for success
4. Take action every day and CREATE the life you want!

Dr. Perkus developed the 60 Second Emotional Reset Technique as a quick boost to help you stay in alignment with your bigger goals and better manage those moment by moment stressors that pop up.

In just a few moments the 60 Second Emotional Reset Technique brings you to a place of expansive calm with a new understanding about yourself and your situation. When you are in that place of calm, you are invited to tap into the wisdom of "Source" (some people know this as God, Intuition, Holy Spirit, Higher Self, Personal Guides, Angels). This wisdom is a GIFT and I encourage you to record what you hear and reflect on that message as long as you need to hear it.

Sometimes you will go through the process and find yourself in a place where your negative voice has more to say, and you can't quite release the negative thoughts and feelings. This means you have identified a deeper issue that's bothering you or you got a new understanding of something deeper you need to work on.

When you are ready, take that deeper issue and go through the 60 second process again, or go through another process developed by Dr Perkus called the Memory Release Technique. The Memory Release Technique takes you deep into a specific memory or time in your life to loosen the bonds between EMOTION and MEMORY, transmuting the energy so you can experience more freedom and presence in the current moment!

All of these techniques pair the power of scent, using high quality essential oils and simple steps that you can learn how to do in the privacy of your own home. As a certified Aroma Freedom Technique Practitioner, I am excited to share these tools and techniques so you can begin to live a life of FREEDOM and PURPOSE. Enjoy learning the 60 Second Emotional Reset Technique through this class! I am available to meet with you in real time to guide you through a Memory Release Technique session and/or an Aroma Freedom Technique session.

Email me: [stefanie.jo.olson@gmail.com](mailto:stefanie.jo.olson@gmail.com)

Call/Text: 918-906-4533

[www.stefanieolson.com](http://www.stefanieolson.com)

# DAY 1



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1 - Describe the situation

2 - Choose **ONE** feeling word to describe how you feel about that situation:

3 - Where in your body does that feeling live?:

4 - *If a Neutral or Positive situation, go to Step 5.* If a Negative situation; Listen for what the Negative Voice says about that feeling & situation. What did it say?:

5 - Put a drop of Young Living lavender, frankincense, and Stress Away in your palm. Breathe the oils into the situation you're picturing and into the feeling and the sensation. Observe what happens.

6 - After a few moments and breaths & when you are in a more relaxed place, go within and listen for what your Higher Voice has to say about your situation. What did it say?:

Write any new ideas you received on a post-it note and place it somewhere you will see it!

# DAY 2

1 - Describe the situation

2 - Choose ONE feeling word to describe how you feel about that situation:

3 - Where in your body does that feeling live?:

4 - *If a Neutral or Positive situation, go to Step 5.* If a Negative situation; Listen for what the Negative Voice says about that feeling & situation. What did it say?:

5 - Put a drop of Young Living lavender, frankincense, and Stress Away in your palm. Breathe the oils into the situation you're picturing and into the feeling and the sensation. Observe what happens.

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# DAY 3

1 - Describe the situation

2 - Choose ONE feeling word to describe how you feel about that situation:

3 - Where in your body does that feeling live?:

4 -If a Neutral or Positive situation, go to Step 5. If a Negative situation; Listen for what the Negative Voice says about that feeling & situation. What did it say?:

5 - Put a drop of Young Living lavender, frankincense, and Stress Away in your palm. Breathe the oils into the situation you're picturing and into the feeling and the sensation. Observe what happens.

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# DAY 4

1 - Describe the situation

2 - Choose ONE feeling word to describe how you feel about that situation:

3 - Where in your body does that feeling live?:

4 -If a Neutral or Positive situation, go to Step 5. If a Negative situation; Listen for what the Negative Voice says about that feeling & situation. What did it say?:

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# DAY 5

1 - Describe the situation

2 - Choose ONE feeling word to describe how you feel about that situation:

3 - Where in your body does that feeling live?:

4 -If a Neutral or Positive situation, go to Step 5. If a Negative situation; Listen for what the Negative Voice says about that feeling & situation. What did it say?:

5 - Put a drop of Young Living lavender, frankincense, and Stress Away in your palm. Breathe the oils into the situation you're picturing and into the feeling and the sensation. Observe what happens.

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# DAY 6

1 - Describe the situation

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3 - Where in your body does that feeling live?:

4 -If a Neutral or Positive situation, go to Step 5. If a Negative situation; Listen for what the Negative Voice says about that feeling & situation. What did it say?:

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# DAY 7

1 - Describe the situation

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3 - Where in your body does that feeling live?:

4 -If a Neutral or Positive situation, go to Step 5. If a Negative situation; Listen for what the Negative Voice says about that feeling & situation. What did it say?:

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# DAY 8

1 - Describe the situation

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3 - Where in your body does that feeling live?:

4 -If a Neutral or Positive situation, go to Step 5. If a Negative situation; Listen for what the Negative Voice says about that feeling & situation. What did it say?:

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# DAY 9

1 - Describe the situation

2 - Choose ONE feeling word to describe how you feel about that situation:

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4 -If a Neutral or Positive situation, go to Step 5. If a Negative situation; Listen for what the Negative Voice says about that feeling & situation. What did it say?:

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# DAY 10

1 - Describe the situation

2 - Choose ONE feeling word to describe how you feel about that situation:

3 - Where in your body does that feeling live?:

4 -If a Neutral or Positive situation, go to Step 5. If a Negative situation; Listen for what the Negative Voice says about that feeling & situation. What did it say?:

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# DAY 11

1 - Describe the situation

2 - Choose ONE feeling word to describe how you feel about that situation:

3 - Where in your body does that feeling live?:

4 -If a Neutral or Positive situation, go to Step 5. If a Negative situation; Listen for what the Negative Voice says about that feeling & situation. What did it say?:

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# DAY 12

1 - Describe the situation

2 - Choose ONE feeling word to describe how you feel about that situation:

3 - Where in your body does that feeling live?:

4 -If a Neutral or Positive situation, go to Step 5. If a Negative situation; Listen for what the Negative Voice says about that feeling & situation. What did it say?:

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# DAY 13

1 - Describe the situation

2 - Choose ONE feeling word to describe how you feel about that situation:

3 - Where in your body does that feeling live?:

4 -If a Neutral or Positive situation, go to Step 5. If a Negative situation; Listen for what the Negative Voice says about that feeling & situation. What did it say?:

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# DAY 14

1 - Describe the situation

2 - Choose ONE feeling word to describe how you feel about that situation:

3 - Where in your body does that feeling live?:

4 -If a Neutral or Positive situation, go to Step 5. If a Negative situation; Listen for what the Negative Voice says about that feeling & situation. What did it say?:

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