

# The Aroma Freedom Technique

STEP 1 - Set your Intention & Rate It (How possible does it FEEL?)

Totally Hopeless    1   2   3   4   5   6   7   8   9   10   Absolutely confident

Round 1

Round 2

Round 3

STEP 2 - What does the negative voice say that tells you this is not POSSIBLE?

Round 1

Round 2

Round 3

STEP 3 - How do you feel when you hear this negative voice?  
(One emotion word)

Round 1

Round 2

Round 3

STEP 4 - Where do you feel the emotion word in your body?

Round 1

Round 2

Round 3

STEP 5 - Drift back to an earlier time when you felt the same way - get a snapshot or a series of images if multiple memories come up. If no image comes to mind, that's ok - focus on the emotion.

Round 1

Round 2

Round 3

STEP 6 - Smell Memory Release Blend or other oils (note which oil used)

Round 1

Round 2

Round 3

STEP 7 - Note any changes:

Round 1

Round 2

Round 3

STEP 8 - Is there a new belief or mindset that has emerged?

Round 1 - not normally done for the first round.

Round 2

Round 3

STEP 9 - Look back at Step 1 and the original intention. Rate it again.

How possible does it FEEL now?

Round 1

Round 2

Round 3

Totally Hopeless    1    2    3    4    5    6    7    8    9    10    Absolutely confident

If 8 or higher (or if no negative voice, skip to Step 10. IF less than 8 to back to step 2.

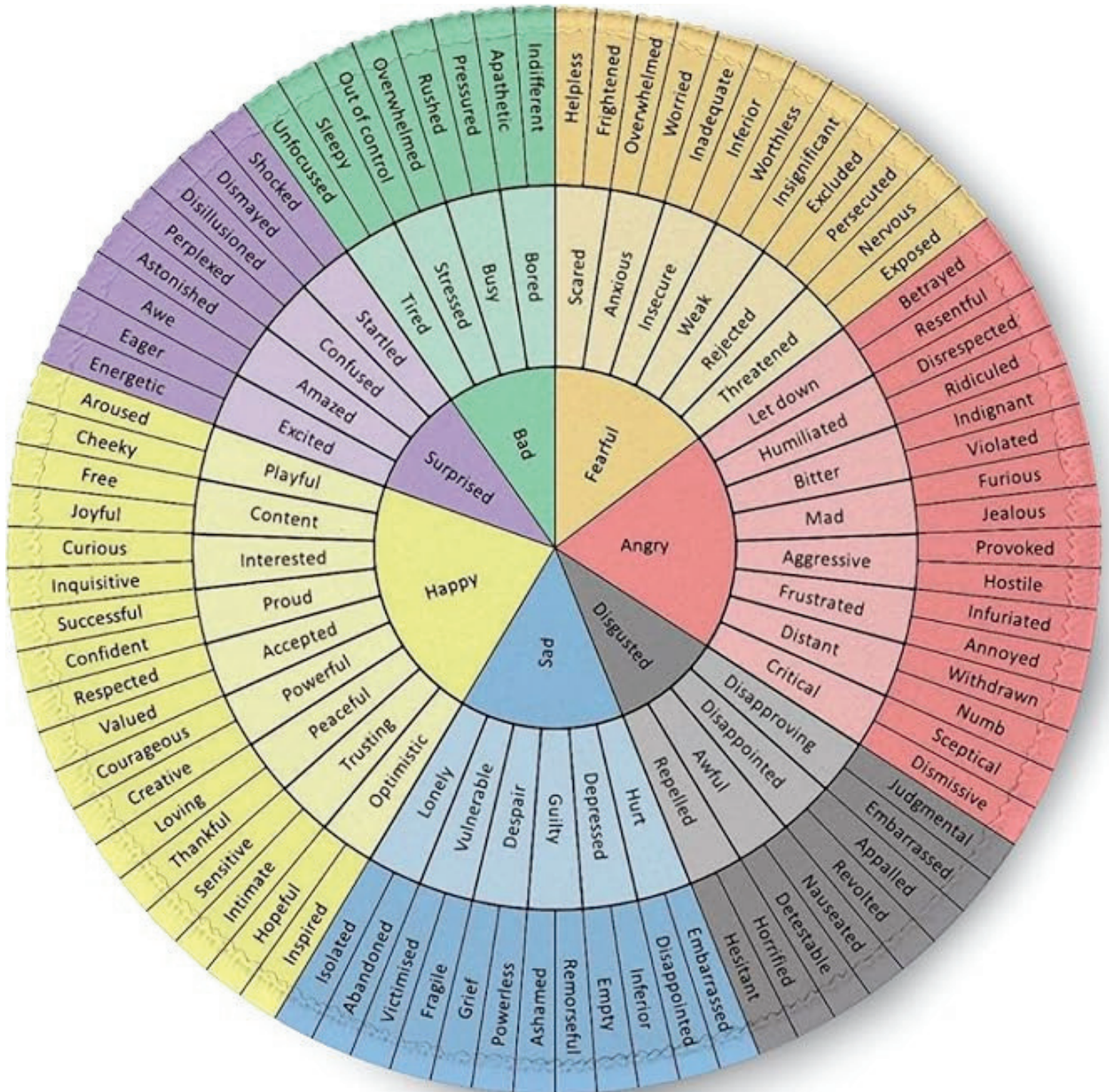
STEP 10 - Create an affirmation that expresses the new mindset you have developed. You can always use your original goal/intention.

STEP 11 - Stand in a power pose + affirmation + smell oil (Transformation, Believe, Citrus Fresh etc). Homework is to repeat this step 2x a day for 3 days. You can always do more.

STEP 12 - Make an Action List! 2 Steps you can take.

What will you do to move forward?

# The Feelings Wheel



# AFT Recommended Oils

\* Included in Premium Starter Bundle

## Memory Release Blend:

(Equal Parts)

- \*Stress Away
- \*Frankincense
- \*Lavender



## Anchor Oils

(Choose 1)

- Believe
- Transformation
- \*Citrus Fresh

## Other Oils You May Wish to Have

- |             |                  |
|-------------|------------------|
| Inner Child | *Peppermint      |
| Release     | *Digize          |
| Forgiveness | *Peace & Calming |
| Trauma Life | *Valor           |