

Aroma Freedom

TECHNIQUE

Practitioner _____
Date of Session _____
Client initials _____
Client Contact Info _____
Age _____

Step 1 - Set Your Goal or Intention & Rate It

(Totally Hopeless - 0 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 voice (one emotion word)?

Round 1

Round 2

Round 3

Step 4 - Where do you feel this 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 is ok.

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 – What did you notice?

Round 1

Round 2

Round 3

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

Round 1 (We do not ask this in round one)

Round 2

Round 3

Step 9 – Rate goal again. How possible does it feel now?

(Totally Hopeless - 0 1 2 3 4 5 6 7 8 9 10 - Absolutely Confident)

Round 1

Round 2

Round 3

***Is there another negative voice? If yes, go back to step 2. If no negative voice, skip to Step 10 (below).

Step 10 - Create an affirmation that expresses the new mindset you have developed

Step 11 - Stand in a power pose – (which one?) + smell oil (Transformation, Believe, etc.)

Step 12 – Make an Action List! What will you do to move forward?

