

Mindset of a Business Owner

Negative Emotion	New Narrative / Mantra / Positive Thought	Helpful Oil	How to Use
Unfocused or Confused	I am letting go of things that don't matter. I am focused on the small things that add up.	Frankincense	Put 1 drop on the crown of the head, or 1 drop on the back of the neck to promote grounding and clarity.
Defeated / Disempowered	Life is not happening to me, it is happening for me. Things come into my life to propel me forward, and I can seize the opportunity.	Citrus Fresh	Put 1 drop in a glass of water and drink, or apply one drop to the temples for energy and vitality.
Mentally Sluggish / Tired	I am renewed. I treat my body and mind with love and honor.	Peppermint	Put 1 drop in a glass of water and drink, or apply one drop to the back of the neck and chest for natural energy.
Worn Down / Exhausted	My body is telling me to rest. I can still take small steps forward, and let go of things that really don't matter.	Thieves	Rub 1-2 drops on the bottoms of your feet before bed for immune support.
Anxiousness	I am confident. I am peaceful. I am happy for what lies ahead.	Peace and Calming	Rub 1-2 drops on the inner wrists or neck for peace and calmness.
Overwhelm	All moves are the right moves. One step forward is totally doable. Perfect doesn't exist, so let's start now.	Valor	Rub 1-2 drops on the inner wrists or neck for confidence and valor.
Out of alignment and/or not fueling the body properly	I take care of my health, my mindset, and my relationships. My health is the most important thing I have. My body and mind will serve me for many amazing years to come.	DiGize	Take 1 drop in a glass of water, or rub one drop on the lower abdomen after a big meal or an exhausting weekend.
Physical Stress	My body is a gift. I can do extraordinary things with it. I am so grateful for my strength and health	Panaway	Take 2 drops and apply to sore areas. You can dilute with coconut oil to make a pain lotion.
Negativity / Victimhood	I am in charge of my emotional response to everything. I am proud of myself and am on the right path no matter what anyone thinks. I choose to respond with joy and love and positivity.	RC	Take 1 drop and place on neck and chest. Take 5 slow, deep breaths in to relax and calm the mind and body.
Stress and Frustration	I love my life and can do incredible things. I am only here temporarily and everything always works out in my favor.	Stress Away	Place 2 drops of stress away on wrists, chest, or neck. Inhale deeply for stress relief.
Jealousy	I create my own success and that depends on me and only me. I am inspired by what I see around me, because that is proof that my dreams are possible.	Lavender	Place 1 drop of Lavender on the crown of the head and 1 drop over the heart to release negativity.
Stuck in the Same Place	All moves are the right moves and I am always on the right path. Negativity has no home here, and I am always growing and making progress.	Lemon	Place 2 drops in a glass of ice water, or place 2 drops over the liver area to release

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