

# Take MENTAL & EMOTIONAL Inventory

Fill out this entire assessment to obtain a more complete picture of your current mental and emotional state. This experience will prepare your heart and mind for our conversation.



<b>BALANCE<sup>®</sup> for Grounding and Stabilizing</b>	<b>Seldom Me</b>	<b>Sometimes Me</b>	<b>Often Me</b>
Being present or "in the moment" consistently a challenge?			
Often wound up or have a hard time calming mind or body?			
Feeling disconnected, just seem to be drifting?			
Struggle with excessive thinking or speaking?			
Tend to avoid long-term commitments?			
Hard to stay focused on dreams, goals, or plans?			
Impatient about what it takes to bring things to fruition?			
<b>Want to feel more stable, steady, or grounded?</b>			



<b>LAVENDER for Calming and Relaxing</b>	<b>Seldom Me</b>	<b>Sometimes Me</b>	<b>Often Me</b>
Lack a sense of calm or peace of mind in most situations?			
Anxious, worried, or racing feelings often disrupt sleep?			
Easily triggered, tend to overreact to even small things?			
Deep fear of being seen or heard? Suppressing emotional honesty?			
Fear rejection when expressing thoughts or sharing feelings?			
Experience strong feelings of being unlovable, unimportant, or unheard?			
Tend to "hide", withdraw, or hold back, even if "faking it" outwardly?			
<b>Long for acceptance, honest communication, and to share your true self with others?</b>			



<b>TEA TREE for Cleansing and Clearing</b>	<b>Seldom Me</b>	<b>Sometimes Me</b>	<b>Often Me</b>
Feel overly responsible for the problems of others?			
Overwhelmed by relationships or circumstances that disrespect the right to choose?			
Feel vulnerable to physical, relational, or spiritual unwanted guests?			
Need to clear emotional baggage, cut negative ties?			
Feel drained by energetic leaks or codependent relationships?			
Tend to allow others to take advantage of your time, energy, or talents?			
Time to relinquish self-betrayal and start standing up for yourself?			
<b>Desire connections that honor healthy interactions and respect boundaries?</b>			



<b>ON GUARD<sup>®</sup> for Shielding and Protecting</b>	<b>Seldom Me</b>	<b>Sometimes Me</b>	<b>Often Me</b>
Feel vulnerable to threats and unable to defend yourself?			
Difficult to ward off energetic parasites, domineering personalities, or other negative influences?			
Feel under attack by negative energies—physically, emotionally, mentally, spiritually?			
Inner resolve or ability to stand up for yourself lacking?			
Integrity suffering due to weakened boundaries or perpetual violation of personal space?			
Find it difficult to say no or maintain clear boundaries?			
Mindset infected by codependent, parasitical, or negative group thoughts?			
<b>Have a strong desire to live in truth, honoring your divine self and source?</b>			



<b>AROMATOUCH<sup>®</sup> for Releasing and Energizing</b>	<b>Seldom Me</b>	<b>Sometimes Me</b>	<b>Often Me</b>
Often feel stressed, tense, rigid, and uptight in body and mind?			
Emotional flexibility or open-mindedness more and more infrequent?			
Breathing patterns commonly labored or shallow?			
Ongoing feelings of grief or sorrow, lack a sense of comfort or peace?			
Feels difficult or even unsafe to release old or hurt emotions?			
Often hard to “go with the flow” when dealing with life’s situations?			
Extending trust and being openhearted feels too risky?			
<b>Want to feel more relaxed, calm, and willing to let go?</b>			



<b>DEEP BLUE<sup>®</sup> for Soothing and Relieving</b>	<b>Seldom Me</b>	<b>Sometimes Me</b>	<b>Often Me</b>
Feel uncomfortable in your own skin?			
Resist or avoid emotions that underlie physical discomforts?			
Lack the strength, tend to avoid facing emotional wounds?			
Overidentifying with physical or emotional pain?			
Easily “lose your head” or mental clarity when things are in turmoil?			
Impatient or intolerant of most any kind of pain?			
Resist or fight pain and its lessons; have a hard time learning from it?			
<b>Want to remain calm, cool, and collected despite chaotic moments?</b>			



<b>WILD ORANGE<sup>®</sup> for Refreshing and Rejuvenating</b>	<b>Seldom Me</b>	<b>Sometimes Me</b>	<b>Often Me</b>
Struggle with a scarcity mindset, believing there is “not enough” to go around?			
Lack the capacity to bring things to fruition?			
Feel disconnected from a divine limitless supply that gives freely to all in need?			
Resist sharing, playing, relaxing, or enjoying moments or circumstances?			
Lacking creativity or feel uninspired when in need of solutions?			
Stuck in transactional thinking where “compensation for contribution” is a first thought?			
Overly serious and stifled, lacking spontaneity, fun, or playfulness?			
<b>Longing to live a life that inspires abundance, fosters creativity, and supports positivity?</b>			



<b>PEPPERMINT<sup>®</sup> for Invigorating and Cooling</b>	<b>Seldom Me</b>	<b>Sometimes Me</b>	<b>Often Me</b>
Mind, body, and spirit suffering from a kind of energetic fatigue?			
Feel controlled or paralyzed by fear or lack of resolution?			
Lacking resilience or the ability to stay on top of things when challenges arise?			
Disheartened, discouraged, in despair, or lacking buoyancy of heart and soul?			
Reject emotional pain and resist the lessons it offers? Need strength to face reality?			
Realize escape, avoidance, or wading in the “shallow end” of life is not the answer?			
Need temporary reprieve from emotional trials to regroup and then again undertake?			
<b>Ready to embrace and accept trials as a path to rediscover the joy of being alive?</b>			

**Your observations during this assessment will support your efforts to use natural solutions while creating the mental and emotional wellbeing you desire.**