Jen Poulson
CONSULTING
POWERFUL SOLUTIONS • SUCCESSFUL LIFE

# AFFIRMATIONS

I own my own power.
God loves, approves & accepts me.
I am worthy & deserving of God's love, acceptance & approval.
I let go of the energy of any kind of trauma.
My thoughts, words and actions are all in alignment with my new positive belief system.
I can feel connected to people without absorbing their emotions and issues.
I overcome, I grow, and I prosper all the time.
The universe pours joy into my life every day. It has my cup overflowing with wealth, health, and love.
I clearly see the beauty of life that flourishes around me.
I am respected.
I am validated.
I am enough.
I am ambitious.
I am competent.
I choose to see and acknowledge the good things people are doing.
I have a positive team with supportive people at my side.
I am heard.
I am healthy and whole.
Others value what I have to offer.
I am strong and independent and wanted here.
I am worthy and deserving of healthy, happy relationships.

I am worthy & deserving of unconditional love.
It is safe for me to give unconditional love.
I believe in myself.
I am worthy & deserving of success.
My future is safe.
I let go of the fear of other people's judgement.
God supports me 100%.
I am supported by others.
I easily let go of old hurts & resentments.
I choose how I want to show up in my life.
I am connected to what matters most.
I am doing the work I am meant to do here.
I am safe.
It is safe for me to forgive and let go.
I love myself enough to forgive everyone for everything.

## ESSENTIAL OILS

**Melaleuca** - releases emotional overwhelm
**Marjoram** - breaks down heart walls
**White Fir** - supports releasing generational blocks
**Geranium** - helps heal the broken heart, softens anger, and opens the heart to love freely
**Thyme** - releases toxic, trapped feelings and leaves the heart wide open
**Frankincense + Wild Orange** - connects you to divine abundance

*Want to know more about energy work & essential oils?*
*Connect with us!*
**Email us at admin@jenpoulson.com**

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