



*Karen J. Stultz*

Simple "Magic" for More Energy, Prosperity, and Freedom in Life and Business

## *3 Tips for Releasing Overwhelm*



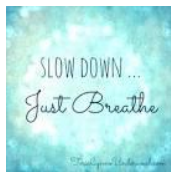
- A. Write down 3 priorities you want to accomplish on an index card, before you go to bed.

*Read it out loud, and ask yourself ... "What needs to happen so I can accomplish this easily and effortlessly?"*



- B. "InTune" Essential Oil: InTune® Focus Blend, Helping to enhance the senses and sustain focus, the InTune blend is perfect for staying on task when you are trying to study or concentrate

[my.doterra.com/karenstultz](http://my.doterra.com/karenstultz)



- C. Breathe Deeply at least 3 Times Slowly

KarenStultz.com \* PO Box 11 Whitefield ME 04353 \* [info@karenstultz.com](mailto:info@karenstultz.com) \* 207-956-9859

DISCLAIMER: Karen Stultz is not a licensed Therapist, Healthcare provider or Financial Advisor. She is a certified Hypnotherapist, Life Strategist and Coach. Karen uses Hypnosis, EFT, Energy Techniques, as well as other tools and modes of creating Clarity, Confidence and Calm in your life. She offers her own unique variations of techniques in her tool box to best serve each client. You should always discuss the use of hypnosis, EFT, energy therapies, or financial planning with your Doctor, Lawyer or CPA.