



# The Blooming Space

## Take A Moment for Transformation

This is the same worksheet and framework we used together in the van to help you release what was weighing you down. Tip create an uplift and rejuvenation anytime you need it.

**CURRENT STRESSOR:** \_\_\_\_\_

How intense does it feel right now?

**On a scale of 1 to 10 (1 = barely there, 10 = overwhelming):**

**LEVEL OF INTENSITY (Before tapping):** \_\_\_\_\_

**TAP IT OUT (resource: The Tapping Solution™)**

**Use tapping (EFT) to begin releasing that tension.**

**LEVEL OF INTENSITY (After tapping):** \_\_\_\_\_

**BREATHE IT OUT**

**Now do puffy breathing to clear it all out, bring in prana, and rejuvenate you.**

**LEVEL OF INTENSITY (After breathwork):** \_\_\_\_\_

Write a word (or a few) that capture what you're ready to release. Let it go. Leave it behind. Like compost, even the messiest thoughts and emotions can break down—and that's exactly what grows the richest, sweetest fruit.

We believe everyone deserves simple, accessible tools to create their best health and best life.

My hope is that this framework helps you B.L.O.O.M.—Believe Life Offers Obtainable Magic—knowing that you are the divine, with everything inside you (and around you) to make your life the best it can be.