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Energy Alignment Method Coach

Your Journey to Yourself



Scripts for Overwhelm

I am ready to release:

Any feelings of overwhelm, any feelings of being out of control, any feelings of helplessness

Any belief that I can't manage – that it is all too much

Any belief that I have to do it all

Any belief that I have no support

Any pattern of overdoing

Any procrastination, any avoidance

Any physical symptoms or impact on my body and mind of overwhelm

Any set points keeping me stuck in overwhelm

I release all of this from my energy in all forms, on all levels and at all points in time

I am ready to allow:

Myself to feel calm and in control, to feel empowered and successful

I am able to ask for support and know I have all the support I need

I have clarity and focus

I have all the time I need

I prioritise what is important and trust that everything is working out perfectly

I am full of energy and vitality

I live a life that is fun and joyful

I manage challenges with comfort and ease

I allow all of this into my energy in all forms, on all levels and at all points in time