

# REGULATE & RISE

*AN EFT GUIDE FOR LEADERS, CREATIVES  
& SPACE-HOLDERS*

*RESET YOUR ENERGY. REGULATE YOUR NERVOUS  
SYSTEM. STAY ROOTED IN YOUR POWER.*

*A GUIDE FOR THOSE WHO GIVE, GUIDE, AND GROW.*

Ashley Wilton

Nervous System Expansion Coach & EFT Practitioner



# INTRODUCTION TO EMOTIONAL FREEDOM TECHNIQUES

If you're someone who leads, supports, or holds space for others—your energy is your most powerful resource.

Whether you're guiding a client, mentoring a teammate, leading a group, holding space in a conversation, or showing up in your business, your nervous system is at the center of how you serve.

This workbook is here to help you stay regulated, clear, and grounded—before, during, and after you show up for others.

# INTRODUCTION TO EMOTIONAL FREEDOM TECHNIQUES

## **Inside, you'll find:**

- A guided tapping video to help you center before showing up
- Scripts and prompts to support you before, during, and after your work
- Tools for nervous system regulation and energy clearing
- A framework to help you create your own tapping statements
- Guidance on why EFT works, and how to integrate it into your personal and professional rhythm

Whether you're a coach, a creative, a strategist, a space-holder, or a business owner—this guide is designed to support you.

You're allowed to feel powerful and present in your work. You're allowed to feel good while doing what you're here to do.

Let's begin by bringing your energy back to you.

# Conscious EFT

What is Emotional Freedom Techniques (EFT) Tapping?

Emotional Freedom Techniques, also known as 'EFT Tapping,' is a mind + body tool within the realm of Energy Psychology. It involves tapping on specific acupressure points while focusing on emotions, thoughts, or sensations. You can use EFT as a self-help tool or with a trained practitioner.

What is Conscious EFT?

Conscious EFTTM is a highly refined form of EFT developed by my mentor Nancy Forrester, Founder and Executive Director of the National EFT Training Institute in Canada. Conscious EFTTM is a trauma-informed, 4-phased approach that prioritizes safety for the client, practitioner, and the overall therapeutic environment. The emphasis typically revolves around Phase 1: present-moment awareness and Phase 4: reinforcing positive beliefs, feelings, and thoughts. It nurtures the inherent spark within each individual, allowing that essence to become the driving force for healing.

# Why EFT Belongs in Your Toolkit —If You Support Others in Any Way



## **Why EFT Works**

EFT works directly with the nervous system to build emotional resilience. With regular practice, it helps strengthen emotional boundaries, increase your capacity for discomfort and joy, and support you in navigating challenging situations with greater steadiness.

## **It's Accessible & Powerful**

One of the greatest gifts of tapping is its simplicity.

You don't need any tools, training, or equipment—just your fingertips and a few moments of presence. You can tap anytime, anywhere—before a call, after a tough conversation, or in the middle of your day when emotions start to rise.

## **A Somatic Practice That Shifts Energy**

Tapping is a form of somatic therapy. It works by stimulating specific acupressure points on the body—activating the meridian system to help release stored stress, regulate emotions, and bring your body back into balance.

## **Empowerment Through Self-Regulation**

At its core, tapping helps you become your own safe place.

It empowers you to meet yourself in the moment—whether you're holding space for someone else, making big decisions, or simply trying to stay grounded in the midst of it all.

This practice is about building inner strength, awareness, and capacity—so you can show up fully for the people, projects, and purpose that matter most.

# Why EFT Belongs in Your Toolkit—If You Support Others in Any Way

Tapping helps us acknowledge and hold space for the truth of our current emotions or challenges, while offering compassion, presence, and acceptance in the moment. It allows us to meet ourselves without judgment—creating space for regulation, clarity, and growth.

When you work closely with others—whether in a supportive, creative, or leadership role—you're often taking in more than just the task at hand. You're absorbing energy, navigating emotions, and managing expectations. Over time, this can leave you feeling drained, dysregulated, or out of alignment.

EFT offers a simple yet powerful way to stay connected to yourself. It helps you regulate your nervous system, release what's not yours to carry, and restore energetic boundaries—so you can continue showing up with clarity, resilience, and grounded presence.

## **How EFT Supports Nervous System Regulation**

Tapping on specific meridian points helps signal to the body that it's safe. It reduces cortisol, softens the "fight or flight" response, and creates the conditions for regulation and calm.

"My body knows how to return to balance."

### **EFT also supports emotional clearing.**

By gently addressing the underlying emotional charge—stress, fear, self-doubt, overstimulation—it helps your system shift from hyperactivation to rest-and-reset.

"I can release without forcing. I can settle without shutting down."

Whether it's before a big moment, after an intense interaction, or simply mid-day tension, EFT helps you reconnect with clarity and grounded presence.

## How EFT Supports Energetic Clearing

Tapping also works on an energetic level. It helps you move stagnant emotional energy that's been stored in the body—whether it's yours or something you've absorbed from others.

- Tapping on points like the collarbone or underarm supports the energetic field and encourages release.
- It's especially helpful after emotionally charged conversations, client sessions, creative work, or moments of high output.

"What's not mine, I can let go of."

"What's ready to move, I can trust to release."

With regular practice, EFT becomes a way to stay clear, light, and energetically sovereign in your work and life.

# Embracing the Sparks: Building New Neural Pathways with EFT

## **How EFT Builds New Patterns of Resilience, Joy & Inner Safety**

When you're someone who supports others, it's easy to focus on what needs fixing, clearing, or holding. But the real magic often starts in the sparks—those small, powerful moments of joy, insight, release, or self-connection. "The spark is the beginning of something new."

These micro-moments—when you feel a little more grounded, a little more open, or just a bit more like yourself—are what lay the foundation for lasting nervous system change.

Using EFT to regulate your system before, during, or after you show up for others isn't just a reset—it's a practice of expansion.

Every time you use tapping to return to center, you're increasing your capacity to hold:

- Calm in the chaos
- Presence under pressure
- Joy without shrinking
- Success without self-abandonment

## **The Power of Positive Reinforcement at the Nervous System Level**

We often use EFT to clear what's heavy—but it's just as powerful for reinforcing what's good.

Those sparks of confidence, empowerment, or inner trust? They're not small. They're how you build new neural pathways—ones that make calm, joy, and resilience your new baseline.

"Celebrating the spark is how I create my future self."

When you nurture those sparks, you teach your nervous system that it's safe to feel good, to expand, and to trust that you can hold it all.

# Practical Ways to Fan the Sparks

Simple daily practices to build resilience, joy, and inner expansion

## Tap Daily—Even for a Few Minutes

Incorporate EFT into your regular rhythm—not just to clear stress, but to amplify what’s good. Use it to reinforce calm, confidence, clarity, or any belief that feels aligned with where you're going.

“I choose to feel safe in this expansion.”

## Celebrate Micro-Wins

Big shifts start with small moments.

Honor every step—every boundary held, insight gained, or breath taken before reacting—as proof that you’re growing.

“Every small win expands my capacity.”

## Reflect & Journal

Keep track of the sparks. After tapping or showing up for others, write down what shifted.

Noticing how your nervous system adapts over time will help you build trust in your own resilience.

“My growth is happening—even when it’s subtle.”

## Use Affirmations That Feel Real

Skip the fluffy mantras. Choose words that resonate with your nervous system and feel emotionally true.

Tap them in gently, reinforcing what you already sense is possible.

“It’s safe to believe this now.”

When you nurture the sparks, you shift from surviving to thriving.

You create a nervous system that doesn’t just bounce back—but expands forward. This is how you grow into the person who leads, creates, and connects from a place of grounded power.

# Tapping Basics: The Points & Statements



- Side of the Hand- Karate Chop
- Above the Eyebrows
- Side of the Eye
- Under the Eye
- Under the Nose
- Under the Mouth
- Under the Collar Bone
- Under the arm pits
- Crown of the Head

In EFT (Emotional Freedom Techniques), we begin with the side of the hand point, often referred to as the "karate chop point," to state our "Even though" statement. This point helps in acknowledging and accepting the emotions or challenges we're experiencing.

As we move through the remaining tapping points (eyebrow, side of the eye, under the eye, etc.), we engage with the emotion or state present for us. Each point supports releasing tension, processing the emotional charge, and bringing the body and mind into a calmer, more balanced state.

# Working with ‘Even Though’ Statements

## How to Create an “Even Though” Statement

Your words, your emotions, your moment

In EFT, we begin with a simple but powerful setup phrase—usually in the form of an “Even though...” statement.

Example:

“Even though I feel overwhelmed right now, I deeply and completely accept myself.”

“Even though this situation at work is really bothering me, I’m meeting myself with compassion.”

This phrase allows you to name what’s true for you in the moment—without judgment or bypassing.

It makes space for your nervous system to feel seen, and it gently opens the door to regulation and release.

# Working with ‘Even Though’ Statements

## Why Your Words Matter Most

You don’t need perfect language. You just need honest language.

While tapping apps and pre-written scripts can be helpful, the most powerful statements are the ones that come from you—your lived experience, your body, your emotional truth.

When you create your own statement, it allows your nervous system to tune in to what’s actually present and prioritize what’s ready to shift.

### Ask Yourself:

- What am I feeling right now?
- What’s sitting on my heart or in my body?
- What thoughts are looping in my mind?
- What do I have the urge to do (fight, flee, freeze, numb)?

Tuning in to these different channels—mind, body, and behavior—helps you craft a setup phrase that is emotionally resonant and deeply effective.

“Even though this is hard, I’m allowed to take care of myself right now.”

“Even though I feel unsettled, I choose to return to my center.”

Simple. Specific. Yours.

# Creating & Using Your Own "Even Though" Statement Step By Step

## 1. Create Your Setup Statement

Start with: “Even though I feel [emotion or challenge], I deeply and completely accept myself.”

Example: “Even though I feel overwhelmed by work, I love and accept myself.”

This statement helps you acknowledge what’s present—without judgment—and begin to regulate.

## 2. Rate the Intensity (0–10)

Pause and check in with yourself.

On a scale from 0 to 10, how strong is this feeling right now?

This is just for awareness.

0 = No intensity

10 = Very intense

## 3. Begin Tapping on the Side of the Hand

Tap on the karate chop point (side of your hand) while repeating your setup statement three times.

# Creating & Using Your Own "Even Though" Statement Step By Step

## 4. Move Through the Remaining Points

While tapping on each of the following points, gently say a word or phrase that represents the emotion or issue (e.g., "Overwhelm"):

- Eyebrow
- Side of the eye
- Under the eye
- Under the nose
- Chin
- Collarbone
- Under the arm
- Top of the head

Let your tone be gentle. It's okay if emotions shift or evolve as you tap.

## 5. Reassess Your Intensity

After one round of tapping, check in again.

On a scale from 0–10, how intense is it now?

If the number has gone down—beautiful.

If it hasn't changed, or has shifted slightly—great information. You can do another round, update your wording, or simply pause and breathe.

# Creating & Using Your Own "Even Though" Statement

 If the Emotion Is Still Strong — Keep Going

## 6. Refine Your Statement with “Still”

If the intensity hasn't shifted much, that's okay.

Update your setup phrase to reflect what's still present:

“Even though I still feel [emotion/challenge], I deeply and completely love and accept myself.”

Example:

“Even though I still feel overwhelmed, I choose to meet myself with compassion.”

## 7. Tap Through the Points Again, Adding “Still”

As you move through the same tapping points, speak to what's still there:

- Eyebrow – “Still some overwhelm”
- Side of Eye – “Still feeling it in my chest”
- Under Eye – “Still carrying tension”
- Under Nose – “Still holding on to this”
- Chin – “Still here with it”
- Collarbone – “Still noticing the intensity”
- Under Arm – “Still feeling this in my body”
- Top of Head – “Still working through it”

You can repeat exact words or simply speak to what you're noticing.

# Creating & Using Your Own "Even Though" Statement

## 8. Check In Again: Rate the Intensity (0–10)

Notice what's shifted—physically, emotionally, or energetically.

Even subtle changes are meaningful.

If the number has gone down—great. If not, keep going with curiosity and gentleness.

## 9. Repeat as Needed

You can do another round, refine your words again, or pause and rest.

EFT is not about getting it “right”—it's about meeting yourself where you are, and letting your system soften from that place.

# Bronze Plus Tapping

## How EFT Tapping Supports Stress & Overwhelm

Science has now proven that tapping on the meridians sends a calming response to the body, and the amygdala recognizes that it's safe.

What's more, tapping while experiencing - or even discussing - a stressful event counteracts that stress and reprograms the hippocampus, which compares past threats with present signals and tells the amygdala whether or not the present signal is an actual threat

When you tap, you're not just calming your mind; you're calming your entire nervous system. Tapping helps you move from fight-or-flight to a state where you can think clearly, make better decisions, and feel more connected to yourself and others.

When signs of stress arise, we can use \*Bronze Plus\* tapping. What is Bronze Plus Tapping? Sometimes, words are too much.

Bronze Plus is a silent tapping practice where you tap through all the EFT points—without speaking. You simply breathe deeply and move point to point, letting your body feel the rhythm of regulation.

Use it when:

- You're overwhelmed and can't access words
- You're holding space for someone else and want to co-regulate quietly
- You need a quick reset between moments or meetings

Bronze Plus is simple, subtle, and effective—an ideal way to ground yourself in the middle of everyday stress.

# Before You Show Up: Grounding Tapping Practice

## Check In Before You Show Up

Before stepping into a conversation, commitment, or moment where your energy will be engaged, take a moment to check in with yourself. Notice what emotions are present.

Scan your body for tension, urgency, or nervousness.

Let tapping be your way to regulate before you lead.

## Sample Setup Phrases

- “Even though I feel nervous about showing up, I deeply love and accept myself.”
- “Even though I feel anxious about how I’ll be received, I trust my ability to stay grounded.”

Repeat your statement while tapping on the side of your hand (karate chop point).

Then move through the remaining tapping points, naming the emotion or sensation that’s most present.

Example: “Nervous energy,” “Tightness in my chest,” “Pressure to perform”

## Use Bronze Tapping If Words Feel Like Too Much

You can also use Bronze Tapping—a wordless, silent tapping practice—combined with slow breathing.

Simply tap through all (or some) of the EFT points while breathing deeply.

When you begin with a grounded body and a clear mind, you're better able to show up fully—not from pressure, but from presence.

“I support others best when I’ve first supported myself.”

# Before You Show Up: Grounding Tapping Practice Action Steps

1

---

Check in with your emotions and physical sensations before starting a session. What is present for you in this moment?

2

---

Before tapping, rate your stress or anxiety level on a 0-10 scale. This helps you track progress and reassess after tapping.

3

---

Use tapping statements, or Bronze tapping to release any nervousness, anxiety, or mental clutter that may impact your ability to hold space.

When complete, rate your emotions 0-10 again. This helps you track progress and reassess after tapping. Aim to reduce your rating by at least a few points.

# Anchor In: Grounding EFT Practice-EFT Script and Video

**Regulate, Realign, and Rise into Your Power Before You Lead**

Use this however feels best for you:

You can follow along with the guided video (click the link), or use this written scripts below to lead yourself through the practice. Either way, it's here to help you clear your energy, reconnect with your power, and step into your work from a place of grounded presence.

Video Link:

[Anchor In: Pre-work EFT](#)

[Regulate, Realign, and Rise into Your Power Before You Lead](#)

# Drop In: A Centering EFT Sequence Before You Lead, Share, or Support

## **Karate Chop (Side of Hand):**

“Even though I’m holding a lot today—energetically, emotionally, mentally—I deeply honor where I’m at, and I choose to return to center.”

“Even though my energy may feel scattered or full, I know how to ground. I’m safe to slow down and regulate.”

“Even though I’m about to hold space for someone else, I choose to hold space for me first.”

## **Tapping Points Round 1 – Grounding**

EB (Eyebrow): This moment is for me.

SE (Side of Eye): Letting go of what’s not mine to carry.

UE (Under Eye): Releasing lingering stress and urgency.

UN (Under Nose): I don’t have to fix everything.

CH (Chin): Returning to presence and breath.

CB (Collarbone): I’m grounded in my own energy.

UA (Under Arm): I trust myself to hold space with care.

TH (Top of Head): I am centered. I am enough. I am ready.

# Drop In: A Centering EFT Sequence Before You Lead, Share, or Support

## **Karate Chop – Expansion Statements**

“Even though I sometimes doubt my gifts, I choose to lead from my light.”

“Even though part of me still plays small, I give myself permission to expand.”

“Even though I’m stepping into visibility or leadership, I know how to hold it—and I’m ready.”

## Tapping Points Round 2 – Expansion

EB: I’m safe to be seen in my full presence.

SE: I let go of the fear of being too much—or not enough.

UE: My work is powerful. My presence is enough.

UN: I trust myself as a leader and guide.

CH: I open to expansion, ease, and flow.

CB: I anchor into my gifts—I don’t have to prove them.

UA: I expand my capacity to hold success and joy.

TH: I show up as the most empowered version of me today.

# Tapping While Working with Clients

It's important to inform your clients ahead of time that you use EFT tapping for nervous system regulation during session work —not just for yourself but for co-regulation as well. By explaining this in advance, you avoid surprising them when you start tapping during the session. This transparency builds trust and helps your clients understand the role tapping plays in maintaining a calm, grounded presence. It also ensures they feel safe and supported, knowing you're intentionally creating a balanced, healing environment for both of you.

## STAY AWARE OF YOUR BODY

During the session, be aware of any tension or discomfort in your body. This may signal that you are absorbing the client's energy. Take a moment to breathe deeply or do a quick tapping round if needed.

## SILENT TAPPING FOR ENERGY MANAGEMENT

If you feel overwhelmed or energetically affected during the session, practice silent tapping on your collarbone or side of your hand (Bronze Tapping) This allows you to regulate your nervous system without interrupting the session flow.

## STATEMENT YOU CAN USE IN YOUR MIND

While tapping on the side of your hand, Example: "Even though I feel tension in my shoulders from absorbing this energy, I release it and remain grounded."

# Clear & Close: A Tapping Ritual to Recenter

## Clear & Close: A Tapping Ritual to Recenter

Release what's not yours. Reclaim your energy. Return to you.

After moments of holding space, leading, listening deeply, or navigating emotional intensity, it's essential to create a closing ritual—one that tells your nervous system: “We're done now. Let's reset.”

Without this kind of intentional closure, your body may stay subtly activated—carrying energy, emotions, or tension that isn't yours to hold. Over time, this can contribute to exhaustion, irritability, or burnout.

### Try This Post-Output Practice:

- Stand and move your body gently to shake off any lingering tension
- Do one round of tapping (with or without words)
- Visualize releasing anything you may have absorbed—returning to your own energetic space
- Take a few slow breaths and anchor into the feeling of being back in your body

Even 2–3 minutes of this practice can make a powerful difference.

“I close this moment and return to myself with clarity and ease.”

# Clear & Close: A Tapping Ritual to Recenter

## After You Show Up: Tapping to Clear & Reclaim Your Energy

**Let go. Reset. Come back to you.**

After moments of showing up for others—whether through listening, leading, guiding, or simply giving your energy—it’s essential to come back to yourself. Tapping can help you release what you’ve absorbed, clear lingering emotions, and signal to your nervous system that it’s safe to reset.

### Step 1: Create Your Setup Phrase

Use words that reflect what you’re feeling—emotionally or physically. You can mix and match or create your own.

“Even though I feel drained, I release what’s not mine and return to balance.”

“Even though I’ve taken on emotional energy, I release it now and come back to myself.”

“Even though I feel [insert emotion], I choose to honor and release it.”

“Even though I feel [emotion] in my [body part], I offer myself compassion and let it go.”

Say your chosen phrase while tapping on the side of your hand (karate chop point) 3 times.

### Step 2: Check Your Emotional Scale (0–10)

After one full round of tapping, pause and notice:

- How do you feel now?
- Has the intensity shifted?

If needed, do another round with a refined statement:

“Even though I still feel a bit of [emotion], I allow my body to soften even more.”

Repeat until your emotional or energetic intensity feels lowered, neutral, or settled.

“What’s not mine, I don’t have to carry.”

# Clear & Close: A Tapping Ritual to Recenter

## **Step 3: Tap Through the Points**

Repeat your “Even though...” statement 3 times while tapping on the side of your hand (karate chop point).

Then, move through the remaining points—eyebrow to top of head—repeating the emotion or sensation you want to release.

Example: “Overwhelm,” “Tiredness in my chest,” “Holding pressure”

## **Step 4: Reassess Your Emotional Scale (0–10)**

Notice how you feel after one round.

Has the intensity of the emotion or sensation decreased?

If it’s still elevated, continue tapping until you feel more regulated. This isn’t about getting to zero—it’s about returning to your baseline.

## **Step 5: Repeat if Needed Using “Still”**

If something still feels active, update your setup statement to reflect that:

“Even though I still feel [emotion], I choose to let more of it go.”

Repeat another round through all the points, speaking to what remains.

## **Step 6: Visualization + Releasing Technique**

As a closing ritual, gently visualize any remaining energy flowing down and out of your body—through your feet, into the earth.

Then, imagine surrounding yourself in light—soft, warm, protective.

It could be golden, white, violet—whatever resonates.

Tap through the points one more time as you anchor this image into your system.

# Personalizing Your EFT Practice

## **Start Small, Build Consistency**

Begin with short, intentional tapping moments.

Try tapping before important conversations, during transitions in your day, or as part of your daily nervous system care.

Even just one round of tapping helps signal safety to your body.

Over time, small consistent practices lead to big shifts in how you manage energy, stress, and emotional resilience.

## **Make It Yours**

Track your experience.

Notice when your energy feels expansive, when it feels contracted, and how your system responds before and after tapping.

Journaling or reflecting regularly can help you fine-tune your routine—and create a tapping practice that truly supports your specific rhythms, needs, and nervous system.

## **Lean on Tools & Community**

Stay connected to supportive resources that help you deepen your practice and regulate more effectively. Follow accounts, newsletters, or mentors who center nervous system work and energy awareness.

You may also consider working with a certified EFT practitioner or guide to explore deeper patterns, expand your capacity, and maintain clarity in your energetic space—especially if you often show up for others.

# Personalizing Your EFT Practice

## Practice in Regulated Moments

Train your nervous system to recognize safety—before stress arrives. One of the most powerful ways to make tapping effective during high-stress moments... is to practice it when you're already feeling okay.

When you tap in a regulated state, your nervous system builds familiarity with the practice. It begins to associate tapping with calm, presence, and self-trust. Think of it as emotional muscle memory—you're creating a pathway to ease before you need it most.

Just like you wouldn't start training for a marathon on race day, you don't want to introduce tapping to your system only during overwhelm.

By practicing when things feel calm, clear, or neutral, you're embedding resilience into your baseline.

That way, when you're in the middle of a stressful moment—during a tough conversation, a big transition, or an energy-intensive day—your body already knows what to do.

# Expanding Our Capacity

## Where Deeper Transformation Begins: Expanding Your Capacity

This is where the real shift happens—not just in clearing stress, but in growing your capacity to meet life with clarity, steadiness, and presence.

Through consistent tapping, you're teaching your body that it doesn't have to stay stuck in old patterns of fight, flight, or freeze. You're showing your nervous system that calm is safe, even when things around you feel uncertain or intense.

Tapping opens space—for conscious decisions over knee-jerk reactions, for clarity over urgency, for truth over people-pleasing. You're not just calming down—you're reclaiming choice.

You begin to meet challenges from a place of grounded strength rather than stress-driven survival.

By expanding your nervous system's capacity, you're preparing to navigate stress with more ease and make decisions that align with your values—not just your fears.

So keep tapping during calm moments.

Keep nurturing your nervous system. And watch how that inner safety expands your ability to respond, rise, and thrive.

## Want More Support Like This?

You don't have to regulate alone.

Inside The Healing Hive, we practice nervous system expansion, tapping, and emotional resilience together—so you can hold more of what you desire, without burning out.

Weekly sessions

Gentle structure

Guided growth with real-time support

[Join The Healing Hive](#)

Ready for something more personal?

If you're moving through a big shift, holding a lot in your leadership or life, or just craving deep, focused support—my 1:1 sessions are here to meet you where you are.

We'll use EFT, nervous system work, and emotional success tools to help you clear what's in the way and step into what's truly yours—with more ease, trust, and power.

This is for the space-holders, the visionaries, the ones walking their talk.

[Book a 1:1 session or explore private coaching](#)

You can also find me on Instagram → [@itsashleywilton](#)

Come say hi, share your takeaways, or let me know how the tapping felt for you.



# Thank-you!

EFT is a powerful tool for protecting your energy, regulating your nervous system, and staying grounded as you show up for others. By tapping before, during, or after emotionally demanding moments, you build resilience, prevent burnout, and return to yourself with clarity and ease. This practice helps you lead, support, and connect without losing your center—so you can thrive in your work and your life.

## Contact:

[ashley@ashleywilton.com](mailto:ashley@ashleywilton.com)

[ashleywilton.com](http://ashleywilton.com)

[@itsashleywilton](https://www.instagram.com/itsashleywilton)