

Essential oil reference book/app: _____

1 Write down your health priorities and find solutions.

My Top Health Priorities	Products I Have	Additional Products to Support
1.		
2.		
3.		

2 Create your healthy lifestyle plan.

Take the solutions you identified above, and organize them into your daily plan for consistent use and benefits.

	MORNING	AFTERNOON	EVENING
1.			
2.			
3.			
HEALTHY LIFESTYLE PLAN	<p>Daily Health Foundations</p> <ul style="list-style-type: none"> <input type="checkbox"/> Balance® ^{doTERRA} T <input type="checkbox"/> LLV or Daily Nutrient Pack® ^{doTERRA} M <input type="checkbox"/> TerraZyme® ^{DigestZen} M <input type="checkbox"/> On Guard® ^{doTERRA} <input type="checkbox"/> Lemon or other citrus oil 	<ul style="list-style-type: none"> <input type="checkbox"/> TerraZyme® ^{DigestZen} M 	<ul style="list-style-type: none"> <input type="checkbox"/> Balance® ^{doTERRA} T <input type="checkbox"/> LLV or Daily Nutrient Pack® ^{doTERRA} M <input type="checkbox"/> TerraZyme® ^{DigestZen} M <input type="checkbox"/> Serenity® or other calming oil T <p style="text-align: right;">T = Topical M = with Meal</p>

3 What other wellness choices could support your goals? (e.g. increase water, sleep, exercise, dietary changes, etc.)?

4 Live empowered with Natural Solutions.

Create a 90-day wellness plan by adding the product you need to your LRP orders (recommended to run between the 5th-15th).

MONTH 1 LRP	MONTH 2 LRP	MONTH 3 LRP
Date: <input type="text"/> / <input type="text"/> / <input type="text"/>	Date: <input type="text"/> / <input type="text"/> / <input type="text"/>	Date: <input type="text"/> / <input type="text"/> / <input type="text"/>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
TOTAL PV _____	TOTAL PV _____	TOTAL PV _____

quick PRODUCT GUIDE

HEALTH PRIORITY	ESSENTIAL OILS	SUPPLEMENTS
Adrenals	Zendocrine, Basil, Geranium, Ylang Ylang, Rosemary	Lifelong Vitality, Mito2Max
Anxious Feelings	Serenity, Lavender, Frankincense, Peace, Console, Forgive	Lifelong Vitality
Back, Neck, & Shoulders	Deep Blue, AromaTouch, Wintergreen, White Fir	Lifelong Vitality, Deep Blue Complex
Blood Sugar/Pancreas	Cinnamon, Slim & Sassy, Coriander, Juniper Berry	Lifelong Vitality
Bones & Connective Tissue	Wintergreen, Helichrysum, Frankincense, Lemongrass	Women's Bone Nutrient
Brain/Memory	Frankincense, Balance, Peppermint, InTune, Rosemary, Vetiver	Lifelong Vitality
Breastfeeding (Milk Supply)	Fennel, Basil, Clary Sage, Lavender	Lifelong Vitality
Circulation & Heart	Cypress, Balance, Douglas Fir, Ylang Ylang	Mito2Max
Cleanse & Restore	Lemon, Grapefruit, Oregano, Zendocrine, Lemongrass, Purify	Zendocrine Complex, GX Assist, PB Assist
Digestive Support	DigestZen, Peppermint, Cardamom, Ginger, Fennel, Spearmint	TerraZyme, PB Assist, Digest Tab, DigestZen Softgel
Ear Discomfort	Melaleuca, Lavender, Helichrysum, Rosemary, Thyme, Eucalyptus	On Guard+ Softgels
Endocrine System	Zendocrine, Juniper Berry, Basil, Ginger, Rosemary, Whisper	Zendocrine Complex
Energy	Citrus Bliss, Lemon, Motivate, Peppermint, Lime, Rosemary	Lifelong Vitality, Mito2Max
Focus & Concentration	InTune, Balance, Peppermint, Rosemary, Basil, Vetiver, Lavender	Lifelong Vitality
Hormone Balance	Myrrh, Whisper, Clary Sage, Thyme, Clary Calm, DDR Prime	Lifelong Vitality, Phytoestrogen
Immune System	On Guard, Oregano, Melaleuca, Black Pepper, Melissa, Cinnamon	Lifelong Vitality, PB Assist, On Guard Throat Drops, On Guard+
Joints	Deep Blue, Lemongrass, Oregano, Wintergreen	Lifelong Vitality, Deep Blue Complex
Libido	Passion, Ylang Ylang, Cinnamon	Lifelong Vitality, Mito2Max
Menstrual Support	Clary Sage, Lavender, Clary Calm, Basil, Whisper, Marjoram	Lifelong Vitality, Phytoestrogen
Mood: Discouraged, Lonely, Pessimistic	Citrus Bliss, Elevation, Motivate, Cheer, Wild Orange	Mito2Max, Lifelong Vitality

HEALTH PRIORITY	ESSENTIAL OILS	SUPPLEMENTS
Mood: Hurt, Wounded	Console, Helichrysum, Forgive, Thyme, Passion	Mito2Max, Lifelong Vitality
Mood: Irritable	Balance, Serenity, Frankincense, Peace, Forgive, Helichrysum	Lifelong Vitality
Mood: Lethargic, Stuck	Elevation, Citrus Bliss, Lemon, Bergamot, Wild Orange, Purify, Motivate	Lifelong Vitality, Mito2Max
Mood: Overstressed	Balance, Serenity, Frankincense, Lavender, Wild Orange	Lifelong Vitality
Mood: Trauma	Serenity, Balance, Frankincense, Lavender, Lemon, Console, Forgive	Lifelong Vitality
Muscles: Arms, Legs, Back, Neck, Shoulders	Deep Blue, AromaTouch, Marjoram, White Fir, Douglas Fir	Lifelong Vitality, Deep Blue Complex
Nervous System	Vetiver, Balance, InTune, Patchouli, Marjoram, Roman Chamomile	Lifelong Vitality
Respiratory	Breathe, Eucalyptus, White Fir, Cardamom, Arborvitae, Spearmint	Lifelong Vitality
Scrapes, Cuts (minor)	Melaleuca, Purify, Lavender, Helichrysum, Patchouli, Frankincense	Correct-X
Seasonal Relief	Breathe, Peppermint, Lavender, Lemon,	PB Assist, Tri Ease Softgels
Sinuses	Breathe, Melaleuca, Eucalyptus, Rosemary, Thyme	On Guard + Softgels, Tri Ease Softgels
Skin (hot)	Lavender, Helichrysum, Melaleuca, Peppermint, Spearmint	Correct-X
Skin (blemishes)	HD Clear, Melaleuca, Geranium, Cedarwood, Purify	HD Foaming Face wash, Verage Facial Cleanser
Skin (wrinkles)	Immortelle, Geranium, Helichrysum, Myrrh, Sandalwood	Verage Anti-Aging Serum
Sleep	Serenity, Vetiver, Lavender, Peace, Fennel	Lifelong Vitality
Teeth & Gums	On Guard, Myrrh, Patchouli, Cedarwood, Clove	On Guard Toothpaste, Women's Bone Nutrient
Tension (occasional)	Past Tense, Peppermint, Lavender, AromaTouch, Frankincense, Deep Blue	Deep Blue Complex, Women's Bone Nutrient
Throat	On Guard, Lavender, Arborvitae, Myrrh, Lime	Lifelong Vitality
Thyroid	Lemongrass, Clove, Peppermint, Myrrh, DDR Prime	Lifelong Vitality
Weight	Slim & Sassy, Grapefruit, Peppermint, Lemon, Ginger, Cinnamon	Trim Shake, Slim & Sassy Control, V Shake