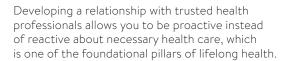


Healthy Habits For Life

dōTERRA's Wellness Chart illustrates how wellness is a combination of lifestyle and healthcare. When lifestyle is the focus, health is naturally achieved and maintained. Your daily habits make all the difference. As you live these principles and use dōTERRA's powerful products, you experience new levels of wholeness.

Rate yourself in each area (1-10)

PROACTIVE HEALTH CARE



INFORMED SELF CARE

HEALTHCARE

LIFESTYLE

Create the habit of using doTERRA solutions as your first line of defense by using a trusted essential oil reference book and increasing your understanding of the many possibilities you have at your fingertips.

REDUCE TOXIC LOAD

Reduce your toxic load by keeping more naturally sourced products around your home, on your skin, and in your body.

REST & MANAGE STRESS

Essential oils can provide support for getting consistent quality rest, which can improve your mood and give your body the opportunity to repair and renew.

EXERCISE

dōTERRA can help support greater focus as well as ease feelings of tension in the body to promote regular exercise and help you stay active and strong.

EAT RIGHT

dōTERRA whole-foods supplements are an ideal way to give your body what it needs to thrive, starting with great nutrition and digestive support.

















Now that you understand the principles of the Wellness Chart, it is time to build your own Healthy Habits for Life plan using these suggestions for daily product use and healthy habits.

Daily Product Uses

MORNING	DAYTIME	EVENING
 Apply 1 drop Frankincense to back of neck Apply 1-2 drops Balance to bottoms of feet Take Lifelong Vitality supplements, starting in the morning and finishing desired dosage throughout the day (if needed) 	 Add Lemon to water throughout the day Apply Deep Blue Rub after exercise Take Terrazyme with meals throughout the day 	Diffuse Lavender before bed Put 1 drop On Guard under tongue or take in a Veggie Cap

Daily Healthy Habit Ideas

MORNING	DAYTIME	EVENING
 Eat a hearty breakfast with whole, fresh foods Meditate or take a moment for personal reflection Go for a morning jog Establish a morning yoga practice 	 Eat a balanced, light lunch Take a 5-10 minute walk Drink 2-3 litres of water throughout the day Take a quiet moment to write in a gratitude journal 	 Eat a nutritious dinner Stretch Take a relaxing bath or shower Take a break from electronics before bed read a book instead! Get 7-9 hours of sleep

Customise your Healthy Habits Plan

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MORNING	DAYTIME	EVENING