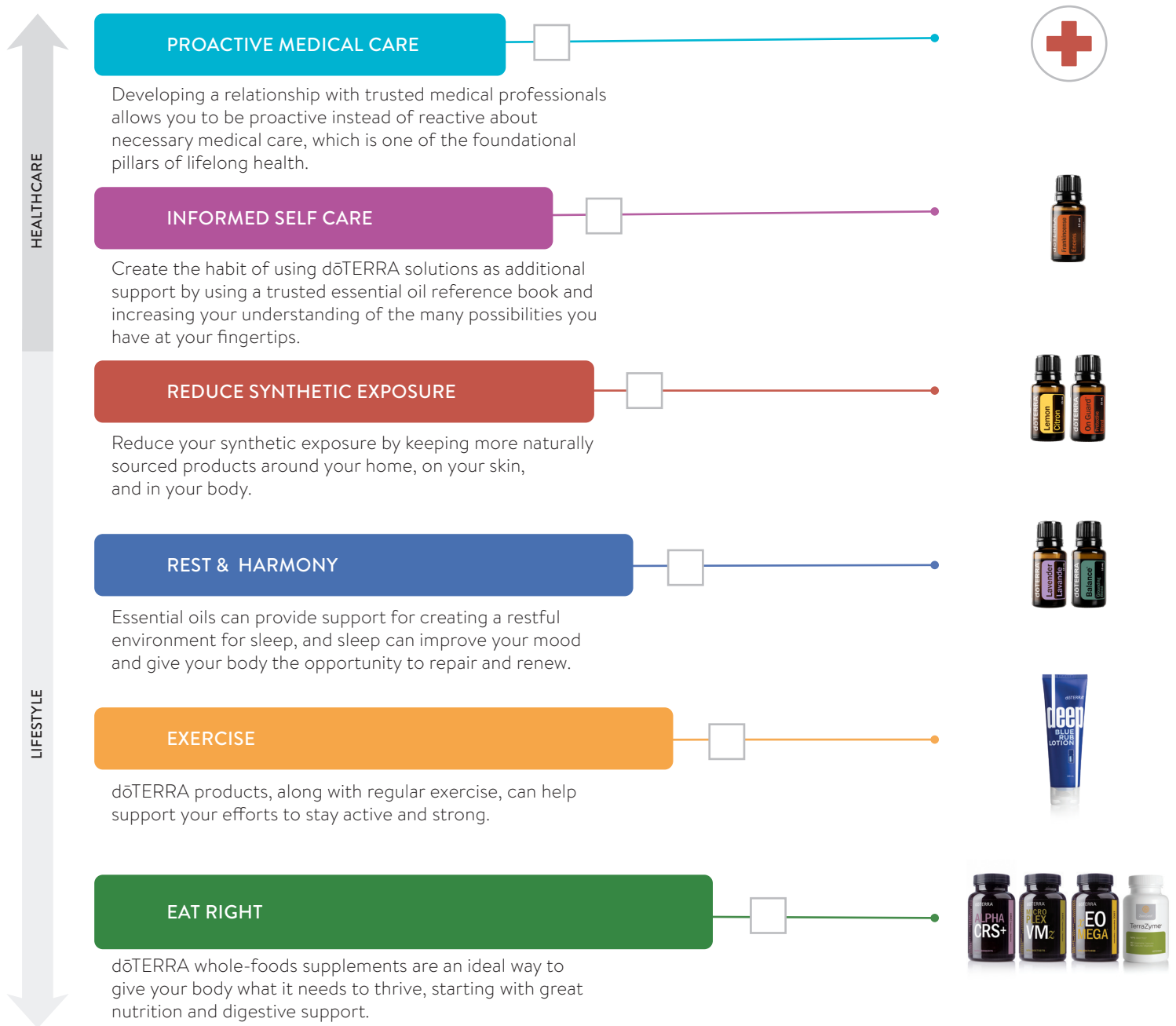


# Healthy Habits For Life

dōTERRA's Wellness Lifestyle Pyramid 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)



Now that you understand the principles of the Wellness Lifestyle Pyramid, 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
<ul style="list-style-type: none"> <li>• Apply 1 drop Frankincense to back of neck.</li> <li>• Apply 1-2 drops Balance® to bottoms of feet.</li> <li>• Take dōTERRA Lifelong Vitality® Convenience Pack* supplements, starting in the morning and finishing desired dosage throughout the day (if needed).</li> </ul>	<ul style="list-style-type: none"> <li>• Add Lemon to water throughout the day.</li> <li>• Apply Deep Blue® Rub after exercise.</li> <li>• Take Terrazyme®* with meals throughout the day.</li> </ul>	<ul style="list-style-type: none"> <li>• Diffuse Lavender before bed.</li> <li>• Combine On Guard® with honey and warm water to create a soothing herbal tea.</li> </ul>

### Daily Healthy Habit Ideas

MORNING	DAYTIME	EVENING
<ul style="list-style-type: none"> <li>• Eat a hearty breakfast with whole, fresh foods.</li> <li>• Meditate or take a moment for personal reflection.</li> <li>• Go for a morning jog.</li> <li>• Establish a morning yoga practice.</li> </ul>	<ul style="list-style-type: none"> <li>• Eat a balanced, light lunch.</li> <li>• Take a 5-10 minute walk.</li> <li>• Drink 2-3 liters of water throughout the day.</li> <li>• Take a quiet moment to write in a gratitude journal.</li> </ul>	<ul style="list-style-type: none"> <li>• Eat a nutritious dinner.</li> <li>• Stretch.</li> <li>• Take a relaxing bath or shower.</li> <li>• Take a break from electronics before bed... read a book instead!</li> <li>• Get 7-9 hours of sleep.</li> </ul>

### Customize your Healthy Habits Plan

MORNING	DAYTIME	EVENING
		

\*NPN 80075879 (Microplex VMz), \*NPN 80074456 (xEO Mega), \*NPN 80082975 (Alpha CRS+), NPN 80077027 (TerraZyme).