

Wellness Consult

Reach your wellness goals!

Essential oil reference book/app: _____

1 Write down your wellness priorities and find solutions.

Top Wellness Priorities for you or your family	90-Day Goals	Solutions you have or need
1.		
2.		
3.		

2 Create your Daily Wellness Plan.

Take the solutions you identified above and organize them into your daily plan.

MORNING	AFTERNOON	EVENING
Daily Wellness Habits <input type="checkbox"/> dōTERRA Lifelong Vitality® Convenience Pack M <input type="checkbox"/> Frankincense T <input type="checkbox"/> TerraZyme® M <input type="checkbox"/> On Guard® T <input type="checkbox"/> Lemon M	<input type="checkbox"/> TerraZyme® M <input type="checkbox"/> Balance® T <input type="checkbox"/> dōTERRA Lifelong Vitality® Convenience Pack M T = Topical M = with Meal	<input type="checkbox"/> TerraZyme® M <input type="checkbox"/> Lavender T

3 What other wellness choices could support your goals?

(e.g. increase water, sleep, exercise, dietary changes, etc.)

How can you re-purpose dollars and replace everyday household items with naturally-sourced, high-quality dōTERRA® products? (e.g., skin, hair, laundry, cleaning)

4 Live empowered with naturally sourced 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 _____