

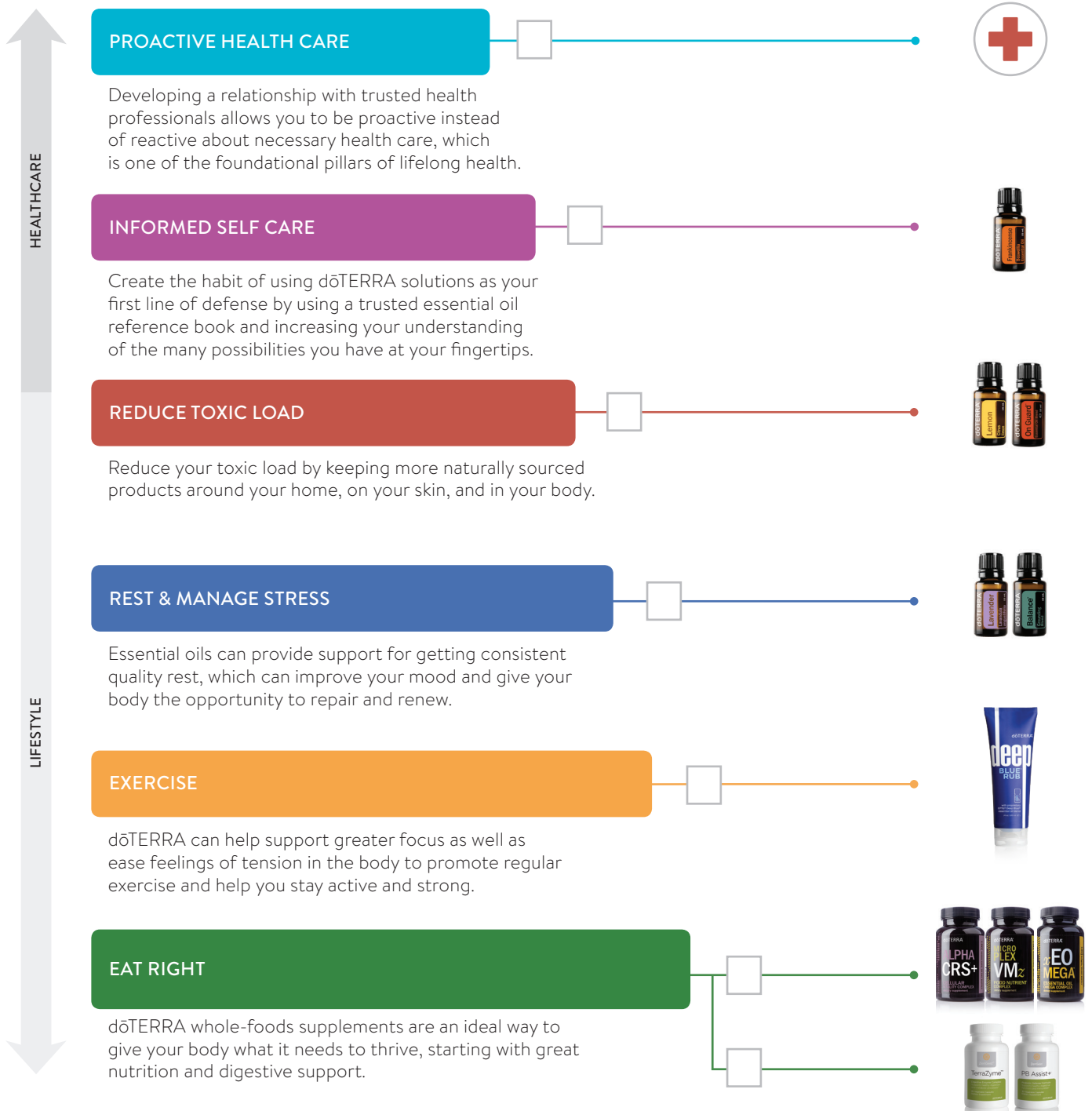


dōTERRA™ | 2019

# 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)



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
<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 Lifelong Vitality 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>• Put 1 drop On Guard under tongue or take in a Veggie Cap</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 litres 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>

### Customise your Healthy Habits Plan

MORNING	DAYTIME	EVENING