

#doTERRALifeGoals

Preparing for **tomorrow** starts **today**

C H A L L E N G E G U I D E B O O K



#doTERRALifeGoals

How many times have you daydreamed about your **biggest, boldest goals**?

#doTERRALifeGoals will challenge you to put your wellbeing first and create those healthy habits that you will be thankful to have started **today** in five, ten, twenty, thirty years' time.

And the best part is,
you are not doing it alone!

Ready to start creating
change in your **life**?

#doTERRALifeGoals



#doTERRALifeGoals | The Steps



Step 1 | Choose Your Goal

Nutrition, fitness, rest, mental wellbeing... Wellness is a spectrum and there are many different areas we can focus on. For this challenge, choose the goal you want to work on first, the one you feel will have the biggest impact on your wellness.



Step 2 | Build Your Protocol

Create a list of small daily habits that will help you reach your goal and choose the products that will support you on your journey. Print the #doTERRALifeGoals tracker on the last page of this guidebook, stick it somewhere you will see it and check in every day. If you need inspiration, see our expert tips below!



Step 3 | Make a Pledge

Share your goal and progress by using **#doTERRALifeGoals** and tagging us (@doterraeurope) for a chance to be featured!



Step 4 | Invite Friends

The dōTERRA community will be with you every step of the way, but why not consider inviting a friend to join your journey? Partner up at the gym, enjoy walks with a family member, or involve your partner in cooking meals together.

Look around you and get people involved.



Step 5 | Let's Do This!

The challenge begins on **1 April 2024!**



Nutrition & Digestion

Better **nutrition** to **feel better**

Nutrition is the first level of the
dōTERRA Wellness Chart

“The foods that we eat are the **fundamental tools** that we have to make our bodies work and function properly. First, we need the **macronutrients: proteins, carbohydrates and fats**, the building blocks for energy, but you also **need all the micronutrients to keep your immune system healthy.**”

Dr. Ruth Dempsey, PHD



doTERRA Nutrition Highlights

doTERRA Lifelong Vitality Pack™

Take **daily** with a morning meal and evening meal.



doTERRA™ Plant Protein

Use **daily** as replacement for unhealthy snacks and to satiate hunger.



doTERRA Digestion Spotlight



Lemon (15 ml)

Start your day with a big glass of water and a drop of Lemon essential oil.



PB Assist+™

Take 1 PB Assist+™ daily with lunch and dinner.



ZenGest™ Softgels

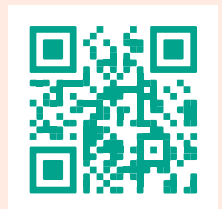
Take 1 ZenGest™ after a large meal or when experiencing discomfort.



Terrazyme™

Take 1 Terrazyme™ with every big meal.

Click or scan to watch Dr. Ruth Dempsey's thoughts on the doTERRA Lifelong Vitality Pack™



dōTERRA Nutrition Highlights

Healthy Nutrition Habits

- 1 Take **3 deep breaths before every meal**. Digestion begins in your mouth, so it is important not to eat too quickly and to be in a relaxed state.
- 2 Focus on '**eating the rainbow**'. That way, you automatically add more nutrient-dense food.
- 3 If you want a bedtime snack, **dōTERRA™ Plant Protein** is a better choice to help you feel more satisfied and achieve your protein goal.

Extra tip: Eat with friends or listen to music, rather than on the sofa in front of the TV.

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Movement & Metabolism

Go further than you think you can

It doesn't matter how you are moving, as long as you are **moving**. The modern, sedentary lifestyle doesn't suit what our bodies were designed to do.

Whether you are looking to incorporate more exercise into your life or reach new heights, **essential oils** and **supplements support recovery** and can help you **enhance performance**.

Fitness Habits:



Work out for **at least 15 minutes every day**. Use simple props like towels or resistance bands to keep it fun!



Go for a **walk or run** outdoors to enjoy the fresh air and clear your mind.



Enjoy a great night of **sleep** to **support recovery**.



Performance Highlights

MetaPWR™ Advantage

Take MetaPWR™ Advantage daily in the morning.



dōTERRA™ Plant Protein

Consume shortly after a workout.



Relief & Recovery Options



Deep Blue™

Apply topically to soothe muscles and relax the body after strenuous activity.



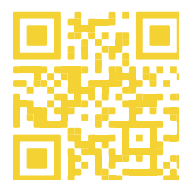
CP+ Softgels

Take 1 softgel a day as needed.



Turmeric Dual Chamber Capsules

Take 2 capsules a day as needed to support an active lifestyle.



Click or scan to watch **dōTERRA Europe's Scientific and Medical Educational Committee (SMEC)** give an overview on **dōTERRA™ Plant Protein**



Rest & Manage Stress

The night of your dreams

Create an environment where you can give your body the opportunity to **repair** and **renew**. A **calming** and **soothing** routine at night, can help your brain switch off from the busy days and allow for a **better rest**.

Night-time Highlights



dōTERRA Serenity™

Use the Serenity blend to create a calming atmosphere.



dōTERRA Serenity™ Softgels

Take 1 softgel before bedtime.

Restful Habits



Find a routine: Adhering to a daily sleep schedule can be highly beneficial for your overall health and wellbeing.



Leave time to unwind: Relax and enjoy some screen-free time before bed. Read a book or write a journal and use your favourite calming essential oils to wind down.



Reduce caffeine, alcohol and nicotine consumption:

They can all negatively affect your sleep.

Mental Wellbeing & Gut Support

Good gut health is **fundamental** for **good mental wellbeing**. New research is unveiling how the **microbiome** influences all layers of wellness. Here are **3 products** that can support your mood.



PB Assist+™

Take 1 daily with lunch and dinner



Terrazyme™

Take 1 with every big meal.



dōTERRA Adaptiv™

Use when feeling overwhelmed to soothe emotions.

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Reduce Toxicity

Activate | Reset | Renew

Switching from **every day, over-the-counter cosmetics, home care and skin care items** to natural products is not something that can be achieved overnight. However, making small and gradual changes makes a huge difference to your lifestyle.

Dr. Ruth Dempsey and Dr. Brannick Riggs on reducing your toxic load:

Do what you can to **reduce the amount of exposure** in your life and do what you can to prepare for the exposure that you have. **Take those supplements, take those micronutrients**, because the better prepared your body is, the more likely it will be able to **cope with the exposures it can't avoid.**



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doTERRA 30-Day Cleanse

The **dōTERRA 30-Day Cleanse** regime is an amazing tool to give your body a restart.

The regime is divided into three phases: **Activate, Reset, Renew**. Follow the protocol for **30 days** and see the results for yourself.

Click or scan to Watch **Alexandra Nitsche** explain the doTERRA Cleanse and Restore Kit



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dōTERRA™ 30-DAY CLEANSE



The dōTERRA 30-Day Cleanse regime is a great place to help you begin your dōTERRA journey. The regime is divided into three phases: **Activate, Reset, Renew**. Below is a timeline that shows which products to take during the full regime (days 1-30) and which ones to take during each phase. As you become more familiar with the products, you can customise this regime to meet your specific needs.

DAYS 1-30



xEO Mega™

xEO Mega™ blends CPTG™ essential oils with natural marine and plant-sourced Omega-3 oils and carotenoids. It contains EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid) which contribute to the normal function of the heart.



Microplex VMz™

The formula includes a balanced blend of essential vitamins A, C, and E, and a complex of B vitamins. Microplex VMz™ also contains chelated minerals including calcium, magnesium and zinc.



Alpha CRS™+

Alpha CRS™+ contains a proprietary blend exclusive to dōTERRA that includes powerful polyphenols and natural botanical extracts.



TerraZyme™

TerraZyme™ is a proprietary combination of enzymes that are most likely deficient in the modern diet. TerraZyme will help you enjoy the benefits of a healthy diet by helping to ensure that your body gets the nutrients it needs.



ZenGest™ Softgels

Each vegetarian softgel contains 120 mg of ZenGest™, the oil blend you know and trust. ZenGest proprietary blend contains a unique combination of Ginger, Peppermint, Caraway, Anise, Coriander, Tarragon and Fennel to aid in offering soothing relief.



Lemon

One of dōTERRA's top-selling essential oils, Lemon has multiple benefits and uses. This is a great addition to the 30-Day Cleanse regime.

• Add 2 drops to 240 ml of water 5 times per day for a total of 10 drops.



Zendocrine™ Softgels

Zendocrine™ Softgels contain Zendocrine Restart Blend, a proprietary blend of Tangerine, Rosemary, Geranium, Juniper Berry and Cilantro essential oils.



GX Assist™

GX Assist™ is a combination of CPTG Certified Pure Tested Grade™ essential oils and caprylic acid. GX Assist contains essential oils of Oregano, Tea Tree, Lemon, Lemongrass, Peppermint and Thyme.



PB Assist+™

PB Assist+™ is a proprietary formula of pre-biotic fibre and six strains of probiotic micro-organisms in a unique double-layer vegetable capsule.



DDR Prime™ Softgels

DDR Prime™ Softgels includes Frankincense, Wild Orange, Litsea, Thyme, Clove, Summer Savory, Niaouli and Lemongrass essential oils. DDR Prime Softgels provide an easy and convenient method for consuming the DDR Prime essential oil blend.

DAYS 11-20

DAYS 21-30

ACTIVATE

RESET

RENEW

DAYS 1-30

xEO Mega™

Take 2 softgels with morning meal and 2 softgels with evening meal for a total of 4.

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Microplex VMz™

Take 2 softgels with morning meal and 2 softgels with evening meal for a total of 4.

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Alpha CRS™+

Take 2 capsules with morning meal and 2 capsules with evening meal for a total of 4.

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TerraZyme™

Take 1 capsule with each meal for a total of 3.

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ZenGest™ Softgels

Take 1 softgel daily with a meal.

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DAYS 1-10
ACTIVATE

Zendocrine™ Softgels

Take 1 softgel with morning meal and 1 softgel with evening meal for a total of 2.

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DAYS 11-20
RESET

GX Assist™

Take 1 softgel with evening meal.

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DAYS 21-30
RENEW

PB Assist+™

Take 3 capsules with evening meal.

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AND

DDR Prime™ Softgels

Take 1 softgel with morning meal and 1 softgel with evening meal for a total of 2.

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Informed Self-care

Create Your Personalised Wellness Plan

You know yourself better than anyone. Informed self-care is about looking at wellness as a whole and finding the tools to help you live life to the fullest. We've compiled a list of the **top ten dōTERRA products** to assist you on this journey!

- Lifelong Vitality Pack
- MetaPWR™ Advantage
- PB Assist+™
- Terrazyme™
- Lemon
- Deep Blue™ Stick
- Lavender
- Personal Care & House Care Lines
- dōTERRA Air™
- On Guard™



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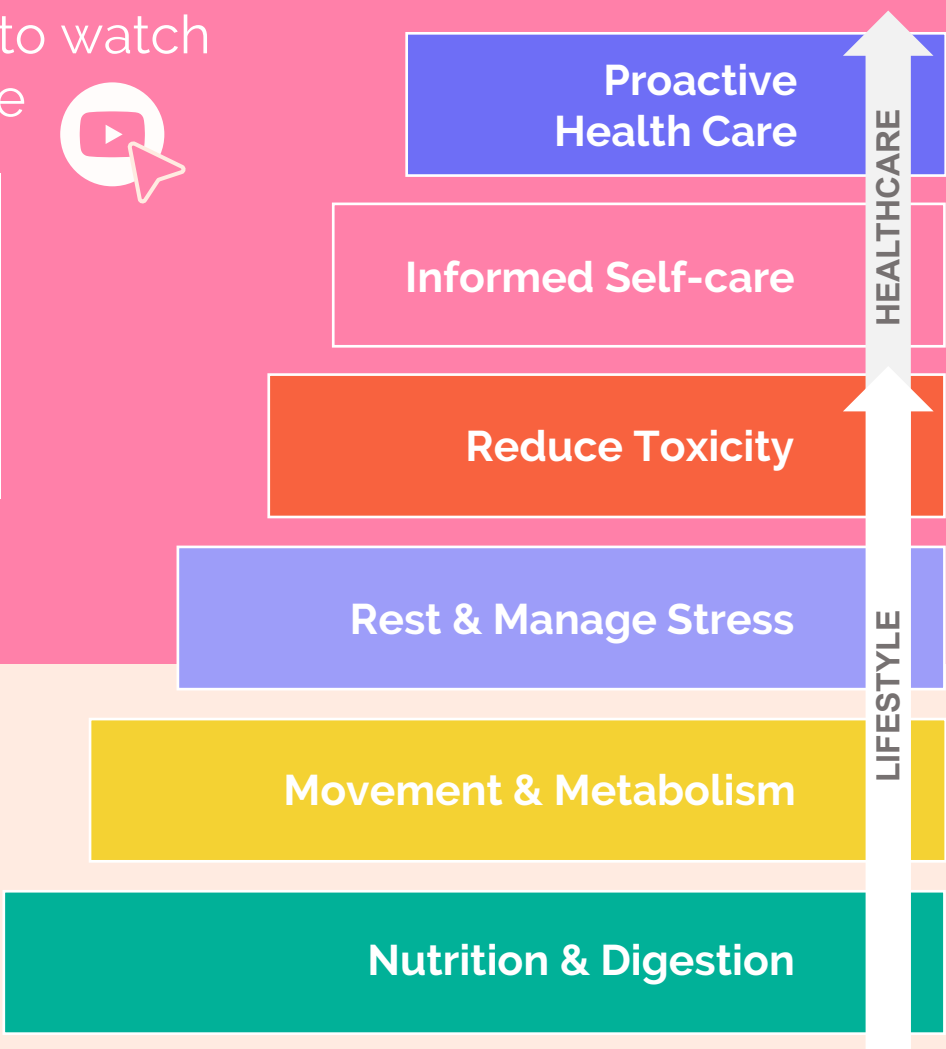


Informed Self-care

The **dōTERRA Wellness Chart** encompasses the fundamental aspects of wellness.

Hear **dōTERRA's Scientific and Medical Education Committee (SMEC)** and **Dr Brannick Riggs** and **Alex DaBell** elaborate on how you can build the foundations for everyday vitality.

Click or scan to watch the video here



Join dōTERRA's Loyalty Rewards Program (LRP)

Preparing for tomorrow starts today. Keep up with your healthy habits and save along the way! dōTERRA's **Loyalty Rewards Program (LRP)** provides you with the **opportunity to earn points on your monthly purchases, which can be redeemed for free products.**

LRP Benefits

Fully Customisable Wellness Plan

Choose your **monthly order products** and switch them any time before your **monthly ship date**

Automatic Shipment

Get your monthly wellness products **hassle free**

Access Exclusive Discounted Kits

Find **unique dōTERRA kits** with products to address your **wellness needs**

Earn Points and Save

Receive up to **30% of the PV value** of your **monthly LRP order in points**

Shipping Reward Points

Earn back your shipping costs with your **Online LRP** or **Online Enrolment Order**

Click or scan for more details about our **Shipping Rewards Program**



How does it work?

SPEND

1+ PV



Maintain current points + percentage

50+ PV



Increase percentage + earn points

100+ PV



Eligible to earn commissions

125+ PV



Receive the **free product of the month***

*On orders placed by the **15th**

MONTHS
1 - 3 EARN
10% back

MONTHS
4 - 6 EARN
15% back

MONTHS
7 - 9 EARN
20% back

MONTHS
10 - 12 EARN
25% back

MONTHS
13 + EARN
30% back

Click or scan to find out more about **LRP**



How much can I really save?

Let's use **2** examples:



Example 1

On your monthly Loyalty Order (LRP): Lemon (15.5PV) + PB Assist+™ (40.5 PV) = **56 PV**

Month*	1 – 3 (10% back)	4 – 6 (15% back)	7 – 9 (20% back)	10 - 12 (25%back)	13+ (30%back)
Loyalty Reward Points	5.6	8.4	11.2	14	16.8
Shipping Reward Points	7	7	7	7	7
Cumulative Reward Points	37.8	84	138.6	201.6	225.4

- If you want a free Lemon, you need 17 points. If you want to get a free PB Assist+™, you need 51 points.
- **After 6 months** you will have enough points to get one Lemon and one PB Assist+™ for free.
- **After 13 months**, you will earn enough points to get **1 Lemon and 1 PB Assist+™ for free every 3 months.**

*Example based on online Loyalty (LRP) order placed in Germany.
Months refer to when the Loyalty (LRP) order is placed. All Reward Points are credited to your account the following month after the order is placed.



How much can I really save?

Let's use **2** examples:

Example 2



On your monthly Loyalty Order (LRP): MetaPWR™ Advantage (83PV) + Turmeric Dual Chamber Capsules (33.5PV) + Refreshing Body Wash (12PV) = **128.5PV**

Month*	1 – 3 (10% back)	4 – 6 (15% back)	7 – 9 (20% back)	10 - 12 (25%back)	13+ (30%back)
Loyalty Reward Points	12.85	19.28	25.7	32.13	38.55
Shipping Reward Points	7	7	7	7	7
Cumulative Reward Points	59.55	138.39	236.49	353.88	399.43

- To receive a free MetaPWR™ Advantage, you need 110.5 points, 47 points for a free Turmeric Dual Chamber Capsules, and 17 points for a free Refreshing Body Wash.
- **After 8 months** you will get one MetaPWR™ Advantage, one Turmeric Dual Chamber Capsules and one Refreshing Body Wash **for free**.
- **After 13 months**, you will earn enough points to get one MetaPWR™ Advantage, one Turmeric Dual Chamber Capsules and one Refreshing Body Wash **free every 4 months**.
- After one year, if you place a qualifying Loyalty Order (LRP) each month, you could also **earn 12 free products through the Product of the Month!**

*Example based on online Loyalty (LRP) order placed in Germany.
Months refer to when the Loyalty (LRP) order is placed. All Reward Points are credited to your account the following month after the order is placed.



Don't forget!

- Orders with a **minimum of 1 PV*** will maintain **LRP percentage** and previously accrued Loyalty Points.
- Receive a **free Product of the Month** when you place any single Loyalty Order (LRP) totalling **125 PV** or more, that **processes on or before the 15th of each month**.
- Cancellation of a Loyalty Order (LRP) must take place over the telephone by calling Europe Member Services.

Click or scan to have
all your questions on
LRP answered here



#doTERRALifeGoals



#doTERRALifeGoals Daily Habit Tracker

GOAL

Set your goal, write down your daily habits and track your progress every day to ensure you're creating a routine that will support your goals!

APRIL

HABIT					
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Preparing for **tomorrow** starts **today**

Don't forget to share your **goal** and **progress** by using **#doTERRALifeGoals** and tagging us for a chance to be featured!



@doterraeurope



@doterraeuropecorporate

