

A nighttime city skyline with various skyscrapers and buildings illuminated against a dark sky. The lights from the buildings are reflected in a body of water in the foreground. The overall scene is dark with blue and white tones.

dōTERRA® | INDIA
Leadership
RETREAT | 2024

Nicole
MOULTRIE
Presidential Diamond





The Wellness
CONSULT
Creating a Wellness Lifestyle for Your Customers

The Wellness **LIFESTYLE**

First Things First. YOU.

Three Steps TO SUCCESS

01 Create

02 Care

03 Connect

Create.

CREATE



the wellness pyramid

The Wellness Pyramid is broken up into 80% lifestyle, and 20% healthcare.
Each of these can be tackled every day with simple and easy swaps.

Rate yourself in each area from 1-10!



How did you do?

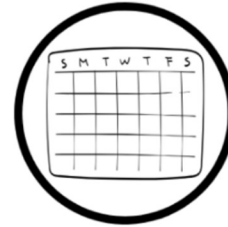


Care.

CARE

“People don’t care how much you know unless they know how much you care.”

-THEODORE ROOSEVELT



Schedule at Time of Enrollment

(Within One Week)



Live Guide in Hand

(Or Link Sent)



Incentivized with Something

(Tied to the Meeting)

CARE



Wellness Consult

Reach your wellness goals!

Essential oil reference book/app:

1 Write down your health priorities and find solutions.

Top Health Priorities for You and Your Family	90-Day Goals	Natural 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"/> 1-3 drops Lemon oil in glass of water	<input type="checkbox"/> 1-3 drops Lemon oil in glass of water	<input type="checkbox"/> 2 drops Frankincense on bottoms of feet or under tongue
<input type="checkbox"/> 2 drops Frankincense on bottoms of feet or under tongue	<input type="checkbox"/> Diffuse 4-5 drops dōTERRA On Guard®	<input type="checkbox"/> 2 drops dōTERRA Balance® on neck or bottoms of feet
<input type="checkbox"/> 2 drops dōTERRA Balance® on neck or bottoms of feet	<input type="checkbox"/> Apply Deep Blue® Rub after workout	<input type="checkbox"/> Apply Deep Blue® essential oil where needed
		<input type="checkbox"/> Diffuse 3-5 drops Lavender at bedtime

3 What other wellness choices could support your goals?

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

How can you redirect your spending and replace everyday household items with more natural, high-quality dōTERRA products?

(e.g. skin, hair, laundry, cleaning)

4 Live empowered with natural solutions.

Create a 90-day wellness plan by adding the product(s) you need to your LRP orders (recommended to run before the 15th).

MONTH 1 LRP	Date: / /	MONTH 2 LRP	Date: / /	MONTH 3 LRP	Date: / /
TOTAL PV _____		TOTAL PV _____		TOTAL PV _____	

Connect.

Community + EDUCATION

- **Favorite Resources to Learn**
(Books, Apps, Trainings)
- **Continuing Education**
(Classes, Campaigns, Drip Systems)
- **Best Oil Friends**
(For 90 Days)

Continuing Education

EARN A GRADUATION PRESENT ONCE YOU HAVE ATTENDED ALL EIGHT CLASSES!

I HAVE OILS. NOW WHAT?	<input type="checkbox"/>	ESSENTIAL SKIN CARE	<input type="checkbox"/>
NUTRITION + SUPPLEMENTS	<input type="checkbox"/>	STRESS, SLEEP + EMOTIONS	<input type="checkbox"/>
TOXIN FREE LIVING	<input type="checkbox"/>	WOMEN'S HEALTH + HORMONES	<input type="checkbox"/>
OILS FOR EVERY AGE	<input type="checkbox"/>	OILS FOR PAIN MANAGEMENT	<input type="checkbox"/>

NAME

EMAIL

PHONE

doTERRA ID



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