

Customize Your Wellness Plan

Ensure you are living in an empowered way by focusing on each level. Refer back to your ratings in each area on page 3. Select desired support from each of the following levels of the dōTERRA Wellness Lifestyle Pyramid.

1 EAT RIGHT

Fuel, Support & Fortify



☐ dōTERRA Lifelong Vitality Pack®



☐ dōTERRA a2z Chewable™ ☐ IQ Mega®

Digestive Support



☐ DigestZen TerraZyme® ☐ PB Assist® Jr.
☐ PB Assist® +

2 EXERCISE

Soothe & Energize



☐ Deep Blue® ☐ Mito2Max®

Respiratory Support



☐ dōTERRA Breathe® ☐ Peppermint

Metabolic Support



☐ Slim & Sassy®

3 REST & MANAGE STRESS

Sleep Support



☐ Lavender ☐ Diffuser
☐ dōTERRA Serenity®
☐ dōTERRA Serenity® Softgels

Emotional / Stress Support



☐ dōTERRA Emotional Aromatherapy® Kit



☐ Elevation ☐ Citrus Bliss® ☐ dōTERRA Balance®



☐ Daily Habits Kit



☐ Athlete Care Kit



☐ Calm and Harmony Kit

4 REDUCE TOXIC LOAD

Cleanse Support



☐ Lemon ☐ Tangerine

Natural Cleaning



☐ dōTERRA On Guard® Cleaner Concentrate ☐ dōTERRA On Guard® Laundry Detergent ☐ dōTERRA On Guard® Foaming Hand Wash

Natural Self-Care



☐ Verage® Skin Care Collection ☐ dōTERRA On Guard® Toothpaste ☐ Shampoo & Conditioner



☐ Cleanse & Restore Kit

5 INFORMED SELF-CARE

Protect & Restore



☐ dōTERRA On Guard® ☐ Frankincense



☐ ClaryCalm® ☐ Tea Tree (Melaleuca) ☐ Copaiba Softgels



☐ PastTense® ☐ InTune® ☐ Correct-X®



☐ TerraShield® ☐ DDR Prime®



☐ Immune Support Kit

Targeted Support

Note any needed natural solutions from page 13

- 1.
- 2.
- 3.

