1. **Write down your health priorities and find solutions.** Find your natural solutions on pages 13 and 17 or in a reference guide.

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

2. **Create your Daily Wellness Plan.**
   Take the solutions you identified above and organize them into your daily plan.

   **MORNING**
   - 
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   - 
   **AFTERNON**
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   **EVENING**
   - 
   - 
   - 

   **Daily Wellness Habits**
   - [ ] doTERRA Lifelong Vitality Pack®
   - [ ] Frankincense
   - [ ] DigestZen TerraZyme®
   - [ ] doTERRA On Guard®
   - [ ] Lemon
   - [ ] DigestZen TerraZyme®
   - [ ] doTERRA Balance®
   - [ ] doTERRA Lifelong Vitality Pack®
   - [ ] PB Assist®
   - [ ] Lavender

3. **What other wellness choices could support your goals?**
   (e.g. increase water, sleep, exercise, dietary changes)

4. **Live empowered with natural 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**
   - Date: 
   - 
   - 
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   - 
   - 
   - 
   - 
   - 
   - 
   - 
   - TOTAL PV

   **MONTH 2 LRP**
   - Date: 
   - 
   - 
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   - 
   - 
   - 
   - 
   - 
   - 
   - TOTAL PV

   **MONTH 3 LRP**
   - Date: 
   - 
   - 
   - 
   - 
   - 
   - 
   - 
   - 
   - 
   - TOTAL PV

   How can you re-purpose dollars and replace everyday household items with more natural, high-quality doTERRA products? (e.g., skin, hair, laundry, cleaning)