# doterra 21-Day Challenge

Guide and Resource Book

# Welcome!

Now is the perfect time to establish new habits that will help you to be the healthiest version of yourself. We're not talking about resolutions you'll forget about in a week. We're talking about real, achievable habits that will help you to feel your best.

If you're ready to live life on your terms, this 21-Day Challenge is just what you need to finally create the daily routine of your dreams. We'll guide you through simple actions you can make a part of your day. And before you know it, those simple actions will have become rock-solid habits!

Whatever healthy looks like for you, we're here to support you as you work toward your goals. Let's get started!

Love,

#### **doTERRA**

# Habit Stacking

# Why should I participate in the 21-Day Challenge?

If you want to take charge of your health, life, and happiness, it requires some change. The best way to make lasting change is through micro habits, as they eventually lead to macro changes. Often, we feel overwhelmed if we try changing too much too quickly. But if we start small, it's amazing how we can train our brains and bodies to do something new, little by little.

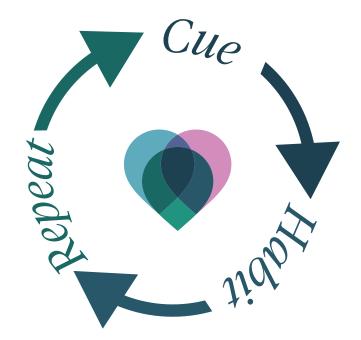
If you think about it, we already have thousands of daily habits that are second nature to us. We take showers, lock the door behind us when we leave for work, give our kids a kiss before bed—all without even thinking about it. When we do things repeatedly, the brain builds strong connections with those actions, until eventually we hardly think about them.

This is the idea behind habit stacking. Instead of trying to make a major change and retrain the brain all at once, you instead take advantage of the habits you already have and build on them.

For example, if you want to be better at flossing, you stack that with another habit. Every morning when you turn on the shower and have to wait for the water to warm up, you use those 30 seconds to floss. Then pretty soon, just like turning on the shower every morning, flossing while the shower warms up becomes second nature to you.

All habits work on a loop. We first experience a cue, then we perform the habit, after which we receive some sort of reward. That's how all habits are formed. However, we've become so used to these daily habits that we don't notice the cues triggering them. The good news is this means you can use specific and deliberate cues to trigger habits you want to adopt, and then reap the rewards.

If you've been wanting to make real changes in your life, know that small habits make big, lasting change. So start small. Before you know it, habits you used to dream about will come so naturally you won't even have to think about them!



#### How it works



Step 1:

Get started! Focus on water intake, daily movement, and restful sleep.



Step 2:

Choose your personal habit for the next 21 days.



Step 3:

Track your habits and try incorporating essential oils into your daily routine. Use the Daily Tracker in the "Resources" section.



Step 4:

Participate in daily assignments. Text **HEALTHY** to **386457** to sign up for reminders.\*

## How It Works







#### **STEP 1:** Let's Get Started!

Are you ready to change your health? If you want to feel less stressed, lethargic, and weighed down by life, you'll need to change your habits. We're giving you three habits to focus on for 21 days. At the end of 21 days, these three habits will give you a new normal—a happier, healthier day, and healthy habits that you don't even have to think twice about.

#### Habit 1: Water Intake

Hydration does so much to help the body, yet many of us aren't getting adequate water every day. By making the conscious decision to increase your water intake, you'll notice improvement in other areas of health like skin, digestion, focus, energy, and more. And before long, you won't have to remind yourself to drink more water—it'll just be a habit.

#### Habit 2: Daily Movement

Most people have the best intentions when it comes to daily exercise, but busy schedules and family responsibilities often get in the way. Setting aside time to get moving helps us feel our best. Whether you get moving by taking your dog on a walk, straining through a tough workout, or doing a quick yoga session, your body and mind will feel better when you're done.

#### Habit 3: Restful Sleep

Restful sleep is one of the most underrated elements of a healthy body. You might find you'll need to remove distractions and barriers to good sleep if you want to make it a part of your regular routine. By focusing on getting sufficient rest, you'll find you feel much better during the day and have the energy and motivation to focus on other healthy habits.

#### How to Habit Stack Your Three Daily Habits

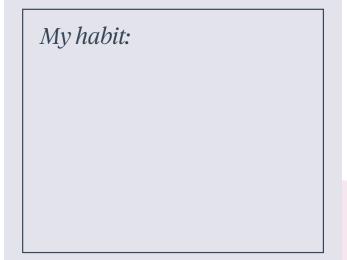
You can use habit stacking to turn these three action items into rock-solid habits. Remember, if you combine these habits with existing habits or cues, you'll be more likely to actually do them.

Here are some examples of how you can stack them to help you do these three habits every day:

- Do you drink coffee in the morning? While your morning coffee is brewing, drink a glass of water to help you get going on increasing your water intake for the day.
- Do you struggle with getting a workout in your schedule? After you clean up dinner each night, go for a family walk to get your body moving.
- Do you have a hard time removing distractions and falling asleep at night?
   Before you start your nighttime routine, turn off the WiFi so you create a calm, undistracting environment for sleep.

# **STEP 2:**Choose Your Personal Habit

We hope you're excited to use the next 21 days to focus on the three habits of water intake, daily movement, and restful sleep. But you don't have to stop there! Choose one personal habit to focus on over the next 21 days, big or small. If you need ideas, find a habit you'd like to work on in the following list.



#### Habit Ideas

## Eat Right

- · Create and stick to a meal plan.
- Use doTERRA Protein daily with breakfast or before a workout.
- Up your daily vegetable servings. Try three, five, or seven servings—whatever is a challenge for you. Use doTERRA Greens to help!
- Try cutting sugar out of your diet and replacing it with healthy snack alternatives instead.
- Take PB Assist®+ and DigestZen TerraZyme® every day.

#### Exercise Exercise

- Take more steps every day—whatever number is a challenge for you.
- Drink a döTERRA Protein, döTERRA Fiber, or döTERRA Greens smoothie every day after your daily movement.
- Create exercise bundles with your clothes so they're ready to go—tank top, sports bra, shorts, socks, and so on.
- Find an exercise partner or group, and then try socially distanced or Zoom workouts.
- · Try out a new exercise app.

#### Rest and Manage Stress

- Put your smartphone away an hour before bed.
- Start your day with a quick one-minute meditation while diffusing or applying doTERRA Balance®.
- Diffuse Lavender for a half an hour before bedtime to wind down for the night.

- Download a meditation or sleep stories app and use daily.
- Take three deep breaths of doTERRA
   Balance®, Lavender, or Frankincense every
   morning, midday, and evening to remain
   centered.
- Go to bed and wake up at the same time each morning and night.
- Try to get seven to nine hours of restful sleep each night.
- Apply Lavender or dōTERRA Serenity® to your feet and pulse points before bed. (You might make your own roller bottle for convenience.)

# Reduce Toxic Load

- Replace one cleaning product each week with a natural option made from your essential oils (look on page 27 for ideas).
- Find ways to remove processed foods from your diet and replace them with whole foods.
- Make sure surfaces and frequently touched items in your home are cleaned regularly.

# Informed Self-Care

- Protect your immune system by taking one drop of doTERRA On Guard® daily.\*
- Give your body more nutrients by taking doTERRA Greens daily.\*
- Provide your brain with some exercise every day by using a memory or brain teaser app.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

#### **STEP 3:** Track Your Habits

Over the next 21 days, as you focus on the three habits of increasing water intake, moving daily, and getting restful sleep (as well as any other habits you want to try), you'll want to track your progress. After you go through your daily routine, make a quick journal entry at the end of the day to review how things are going. Assess your habits honestly so you can see your progress and adjust if needed. Use the daily tracker on page 36 to help you track your progress.

# **STEP 4:**Participate in Daily Assignments

Throughout the month, you'll be working on your three habits every day. To help you along your way, we'll send you an assignment every day for 21 days. Each assignment is a simple, healthy action that will help take you to the next level as you create the routine of your dreams.

Sign up to receive text reminders for your daily assignments so you never miss a day.



### **Get Text Reminders**

If you haven't already, make sure to text **HEALTHY** to **386457** to get daily reminders that will help keep you on track.

# **Assignments**

**Day 1:** Watch <u>this video</u> about habit stacking.

**Day 2:** Go on a walk. Enjoy some time outside with your family, your dog, a friend, or even just yourself.

**Day 3:** Move your body with this quick <u>living</u> room workout.

Day 4: Try the Going Green Smoothie on page 17.

**Day 5:** Use this diffuser blend to create your ideal environment as you go about your day:

- · 3 drops Lemon
- · 2 drops Peppermint
- 2 drops Frankincense

**Day 6:** Watch this video about the power of doTERRA Lifelong Vitality Pack® (and remember to take your LLV every day!).

**Day 7:** Make a meal plan for the next three days so you avoid eating out and get enough nutritious meals. (Try some of the recipes on page 17.)

**Day 8:** Check in on your habits. How did the first week go? Can you feel a difference on the days when you do your habits?

**Day 9:** Make your room completely dark to help you get better sleep at night. You can use blackout curtains and even put electrical tape on any little lights or buttons that shine in the dark.

Day 10: Get moving with this easy kitchen workout.



**Day 11:** Instead of using perfume, make your own personalized fragrance with essential oils. (Listen to <u>this podcast episode</u> to learn how.)

**Day 12:** Calendar in your self-care time. Even if it's just 10 minutes, take a little time for yourself today.

**Day 13:** Clean the surfaces in your home using essential oils. (Try this <u>DIY All-Purpose Cleanser</u>.)

**Day 14:** Have you been taking your PB Assist®+ and DigestZen TerraZyme® every day? Read <u>this</u> <u>article</u> about gut health.

**Day 15:** Check in on your habits. How was week two? Are your habits making a difference in how you feel day to day?

**Day 16:** Do a few stretches to help you get going in the morning. Try the stretching routine on page 20.

**Day 17:** Try <u>this warm-up</u> before your workout today.

**Day 18:** Choose a healthy recipe from the doTERRA Pinterest page to make today.

**Day 19:** Reorganize the food in your cupboard and fridge. Research shows you're three times more likely to eat the first thing you see, so put the healthy stuff at the front!

**Day 20:** Take a relaxing bath or warm shower with Lavender before bed.

**Day 21:** Reflect on the past 21 days. Did you make progress on your habits? Do you feel different than you did 21 days ago?

# What You'll Need

Before you get started, you'll need a few things to help you succeed and maintain that success.

#### **Products**

We've selected some of the best dōTERRA products to help set you up for success as you start your 2021 health journey. With products that offer dozens of internal benefits, promote healthy nutrition, and offer support for important health factors like stress and exercise, the Daily Habits + Nutrition Kit is here to help you through your 21 days.\*

New to dōTERRA? You can enroll with the Foundational Habits Enrollment Kit to get everything you need for this challenge. If you have questions about ordering, talk to the person who first introduced you to dōTERRA.





Daily Habits + Nutrition Kit

Foundational Habits Enrollment Kit

(For new enrollments only)

With one of these kits, you have everything you need to start the 21-Day Challenge. Here's what comes in your kit:

- dōTERRA On Guard® 5 mL
- dōTERRA Balance® 5 mL
- Frankincense 5 mL
- Lemon 5 mL
- Lavender 5 mL
- Deep Blue® Rub
- dōTERRA Lifelong Vitality Pack®
- DigestZen TerraZyme®
- PB Assist®+
- dōTERRA Protein
- dōTERRA Greens

# 21-Day Challenge

The following resources can help you on your journey to healthy, no matter what that looks like. Refer to this PDF when you need ideas to help you stick to your habits or when you feel like your journey could use a little flare and fun. Don't forget that your checklist, calendar, and daily tracker can all be found in the "Resources" section.

#### Checklist

Go through this checklist to make sure you're ready for the 21-Day Challenge:

- I've signed up to receive my daily assignments (Text HEALTHY to 386457)
- I've ordered the products I'll need
- I have my <u>21-day calendar</u>
- I have my <u>dōTERRA Nutrition Line Cookbook</u>
- I have my daily tracker
- I've invited a friend to join me on this 21-day transformation!



How you fuel your body is the foundation of lifelong health and vitality. A balanced whole-food diet, complemented by the right nutritional supplements, provides the essential macronutrients, vitamins, and minerals your body needs to function at its peak.\* Whether you get these nutrients directly impacts other healthy lifestyle behaviors.

Proper nutrition provides the energy for daily exercise and recovery. It also helps you sustain proper rest habits, regulate stress levels, reduce toxins, and support proper functioning of bodily systems.\* These benefits help maintain our long-term health and keeps our body functioning well.\*

#### Tips

#### Tips to Help You Eat Right

- Eat the rainbow! Incorporate multicolored fruits and vegetables into your daily diet.
- · Limit your intake of highly processed foods.
- Drink water throughout the day to stay hydrated. You can add citrus oils for a boost of flavor!
- On Sunday night, make a grocery list and meal plan for the week so you make sure your body gets proper nutrients.

# Best Products for Eating Right















#### dōTERRA Lifelong Vitality Pack® (LLV)

Supplementing your diet with LLV ensures you're getting crucial vitamins and minerals your body needs for optimal function.

#### Lemon

Adding Lemon essential oil helps soothe the body and aids in digestion.\*

#### dōTERRA Greens

A scoop or two of this supplement in your favorite smoothie ensures you're getting needed fruits and vegetables.

#### dōTERRA Fiber

Putting a scoop or two in a tasty drink gets you the fiber your body needs to function at its best.\*

#### dōTERRA Protein

A protein drink before or after a workout gives your body the support it needs to continue on with the day.\*

#### DigestZen TerraZyme®

This proprietary blend of 10 active whole-food enzymes can be used to support the healthy digestion of enzyme-deficient, processed foods.\*

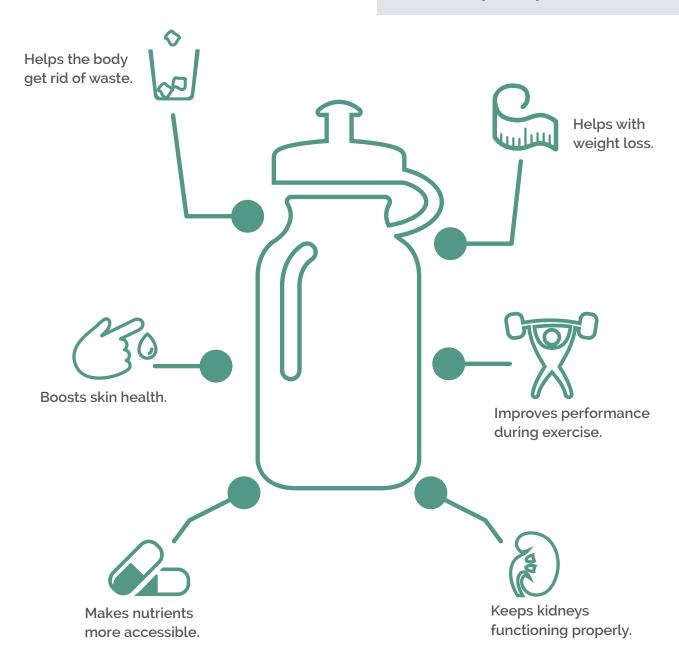
#### PB Assist®+

This supplement maintains a healthy microflora balance, while also supporting the health of the GI tract, particularly the intestines and colon.\*

<sup>\*</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Benefits of Drinking Water

As you increase your water intake over the next 21 days, notice how you feel. Do you feel better on days when you drink more? Do you have a better workout? Write your observations in your daily tracker.





Be sure to drink at least eight glasses of water a day. Here's a fun fact: *up to 60% of the human body is made up of water!* 

# Recipes



#### Ingredients:

1/4 cup olive oil

1/4 cup balsamic vinegar

- 1 tablespoon Dijon mustard
- 2 drops Lemon essential oil

#### Instructions:

- 1. Combine all the ingredients, stirring well.
- 2. Drizzle over lettuce, add your favorite salad toppings, and enjoy!



#### Going Green Smoothie

#### Ingredients:

2 scoops dōTERRA Greens

12-14 ounces water

1 handful spinach

½ banana, frozen

½ avocado

1 handful ice cubes

#### Instructions:

- 1. Add all the ingredients to a blender.
- 2. Blend to preferred consistency and enjoy!

#### **More Healthy Eating Ideas**



- Granola cups
- Kale chips
- Raspberry smoothie bowl
- Grilled pineapple lettuce cups
- · Raspberry limeade
- Vegetarian black bean burgers

If you're looking for more ways to incorporate the doTERRA Nutrition line into your diet, check out the doTERRA Nutrition Line Cookbook in the "Resources" section of this PDF.



# Exercise

Regular physical activity is a critical component of health and quality of life as you age. Whether you're a serious athlete or not, getting some form of exercise every day is necessary to maintain the strength of your cardiovascular and musculoskeletal systems, as well as your mental well-being. Essential oils and targeted supplementation support greater flexibility and energy and ease feelings of tension to help you stay active and strong.\*

#### **Tips**

#### Tips to Help with Exercise

- Make exercise a priority by consistently scheduling it into your week.
- Find an exercise partner or group with whom you can work out.
- Share your exercise goals with someone you trust.
- Don't be afraid to try a new kind of exercise to keep things exciting and fresh.

# Best Products for Exercise







#### Deep Blue® Rub

Before and after exercise—or as needed—apply to problem areas for a targeted cooling and soothing sensation.

#### Lemon

Add a drop to your water to give it extra flavor and help ensure you're staying hydrated after your workout.

#### dōTERRA Protein

Add a scoop or two to your favorite smoothie and enjoy after your workout.

# Five Simple Stretches to Start Your Day



#### Child's Pose

Relieve tightness from sleeping by stretching your hips, pelvis, and spine. Sit with your knees directly under your hips. Stretch your arms out on the floor in front of you, feeling your spine elongate. If you can, rest your forehead on the floor. Stay in this position while you take five deep breaths.



#### Reach for the Sky

Wake your body up and get the blood flowing with a simple upward stretch. Sit on the floor with your legs crossed. Lace your fingers together and raise your hands above your head, palms facing upward. Elongate your spine and stretch for 10 seconds.



#### Neck and Shoulders

Ease tension and stiffness by stretching your neck and shoulders. Sit on the floor with your legs crossed. Turn your right ear toward your right shoulder, placing your hand on your head to gently stretch the left side of your neck. Hold for 15 seconds. Repeat on the other side.



#### Reclined Spinal Twist

Relieve stress on the lower back by laying on your back, bringing your knees to your chest, and stretching your arms out to the side. Gently lower your knees to the right side until they touch the floor, keeping your face pointed to the left. Hold for 30 seconds. Repeat on the other side.



#### Quad Stretch

Stand up (if needed, hold on to something to stabilize). Bend your right knee behind you, grabbing your ankle with your right hand. Hold your leg in this position for 15 seconds as you feel your hips and the front of your thighs stretching. Let your leg down slowly. Repeat on the other side.

# Diffuser Blends

#### On the Move



#### **Morning Stretch**



#### Remember to Breathe



#### Recipes



#### Peanut Butter Bliss Smoothie

#### Try this smoothie post-workout!

#### Ingredients:

- 2 scoops Chocolate dōTERRA Protein
- 12-14 ounces water
- 1 banana, frozen
- 1 tablespoon peanut butter

#### Instructions:

- 1. Add all the ingredients to a blender.
- 2. Blend to preferred consistency and enjoy!



# Rest and Manage Stress

Your ability to manage emotions, make decisions, and solve problems depends greatly on your mental and emotional state. If you aren't getting adequate sleep, your emotions and decision-making abilities can suffer. Likewise, being under too much stress will take a significant toll on your health.

Getting quality, consistent sleep allows both body and mind to rest, ensuring you won't get overworked and have time to decompress before another day. Also, taking the time to destress with practices like meditation, positive thinking, and self-development can go along way for your mental, emotional, and even physical health.

#### **Tips**

#### **Tips for Better Sleep**

- Create the optimal sleeping environment. Do your best to ensure your room is dark, not too hot or cold, and quiet.
- Avoid stimulants like alcohol, nicotine, and caffeine during the day, as they can keep you up at night.
- Make sure you have adequate bedding. You might need a new pillow, mattress, or comforter.
- Exercise during the day on a regular schedule.
   Doing so can help you sleep better at night. (Just don't exercise too close to bedtime, as this can actually keep you awake.)
- Remove distractions, turning off all screens an hour or two before bed. Instead, try more relaxing activities like reading, meditation, or journaling.
- Consider taking a warm bath or having a cup of unstimulating tea before bed.
- Go to bed and wake up at the same time every night and morning to set your internal clock (even on weekends).

# Best Products for Resting and Managing Stress



# Grounding 15mL

#### Lavender

Before bed, try using Lavender in any of the following ways to help create a calming atmosphere:

- Place a drop on your pillow.
- Apply to the bottoms of your feet.
- Add a few drops to your diffuser.

#### dōTERRA Balance®

Use dōTERRA Balance in any of the following ways to bring a grounding, centered feeling to your day:

- Apply to the bottoms of your feet when you first wake up or get out of the shower.
- Place a drop in the palm of your hand and rub on the back of the neck before starting the workday.
- Diffuse to create a calming space during demanding or difficult times.

# Diffuser Blends

#### Diffuser Blends for Nighttime

#### **Sweet Dreams**



#### Peace and Quiet



#### Diffuser Blends for Calming Environment

#### **Mellow Morning**



#### **Just Breathe**



#### DIY

#### Relaxing Bath Salts

#### Ingredients:

- 2 cups Epsom salts 5 drops dōTERRA Balance®
- 3 drops Lavender
- 1 drop Frankincense

#### Instructions:

 Mix the Epsom salts with essential oils and pour into the bath for a relaxing aromatic experience.



If you need further help, read this article about maintaining a bedtime routine.



# Reduce Toxic Load

Toxins are all around us—in the food we eat, the air we breathe, and even the chemicals we clean with. Toxic load refers to the volume of toxic substances that have been accumulated in the body and the overall burden it places on bodily systems and vital organs.

When properly functioning, the body is an efficient toxic load-minimizing machine. The key is to do what you can to help by minimizing your exposure to toxins and supporting those vital organs through a healthy diet, exercise, and regular detoxification.

#### **Tips**

#### Tips for Reducing Toxic Load in Your Life

- Replace traditional cleaning products with green ones, like <u>doTERRA On Guard® Cleaner</u> <u>Concentrate</u>. You can also try making your own, like the All-Purpose Cleaner with essential oils on page 27.
- Consider throwing out some of your personal care products and switching to <u>natural</u> <u>products</u> like the <u>Verage® Skincare Collection</u> or Correct-X® instead.
- Keep the air in your home fresh and clean by diffusing essential oils like Wild Orange and Lemon instead of burning candles.
- Make a list of whole foods you like and find recipes that incorporate them to help decrease the amount of processed foods in your diet.
- Exercise daily to help your detoxing organs function optimally.

# Best Products for Reducing Toxic Load













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#### Lemon

This essential oil helps soothe the body and aids in digestion.\*

#### PB Assist®+

This combination of prebiotic fiber and six strains of probiotic microorganisms encourage healthy microflora growth.\*

#### DigestZen TerraZyme®

This proprietary blend of active whole-food enzymes and supporting cofactors can be taken with meals throughout the day.

#### dōTERRA Greens

This supplement is a unique blend of fruits and vegetables, including a special superfood blend with moringa leaf, noni fruit, acai berries, and more.

#### dōTERRA Fiber

This supplement is a simple way of adding six grams of soluble and insoluble fiber to your diet every day.

#### Zendocrine® Detoxification Complex

This formula can help to support the healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin.\*

# Diffuser Blends

#### Cleaning the Air in Your Home

#### **Pure Power**



#### Clean and Bright



#### DIY

#### All-Purpose Cleaner

#### Ingredients:

½ cup white vinegar½ cups water30 drops dōTERRA essential oils

- 15 drops Lemon and 15 drops Wild Orange
- 15 drops Lavender and 15 drops Lemon

#### Instructions:

- 1. Add all the ingredients to 16-ounce spray bottle.
- 2. Shake thoroughly. Spritz on surfaces and wipe clean.

## More Ideas for Green Cleaning



- Dishwasher detergent
- Refrigerator and microwave cleaner
- Stovetop cleaner
- Garbage disposal refreshers

- Yoga mat spray
- Wood polish
- Glass cleaner



# Informed Self-Care

Becoming more informed about preventive health measures is immensely important for overall health and well-being. Essential oils and other natural products offer extensive body system-supporting benefits that can be realized through regimented use.\*

The time to take care of your body isn't when issues arise—the time is now! Use the following ideas to take proactive measures that will help keep you in tip-top shape.

#### Tips

#### **Best Tips for Proactive Care**

- Get a yearly visit with your doctor on the calendar. Schedule yearly visits for your children if you haven't already.
- Wash your hands regularly and teach your little ones to do the same. Make handwashing more fun with <u>doTERRA On</u> <u>Guard® Foaming Hand Wash.</u>
- Make sure you're getting antioxidants. By taking the doTERRA Lifelong Vitality Pack® every day, you're providing your body with powerful antioxidants that you need for optimal health.\*
- Go for a walk. No matter your age or workout routine, simply taking a break, getting fresh air, and stretching your legs can do a lot for mental and physical health.

## 10 Ways to Use dōTERRA On Guard® Protective Blend

an eight ownce spray be

Fill an eight-ounce spray bottle with water and add five drops of doTERRA On Guard to clean household and office surfaces.

2

Combine one cup of water, two tablespoons of rubbing alcohol, and five drops of doTERRA On Guard for an effective linen spray.

Add a drop of döTE

Add a drop of doTERRA On Guard to your dishwasher fluid to help remove water spots. 4

Diffuse doTERRA On Guard in your office or home for an uplifting scent that cleanses the air.

5



Place two to three drops of doTERRA On Guard to a Veggie Cap for immune support.\*

ub dōTERRA (



Rub doTERRA On Guard on the bottoms of your child's feet during the school season.

7



Add one drop of doTERRA On Guard to eight ounces of water and use as a mouthwash.

8



Place two to three drops of doTERRA On Guard to a bowl of hot water and breathe in for an energizing aroma.

9



Add a few drops of doTERRA On Guard to your laundry cycle to help cleanse the clothes. 10



Mix doTERRA On Guard with water when mopping and cleaning your floors.



<sup>&#</sup>x27;These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Looking for more ways to care for your family with doTERRA On Guard?

Check out the Immunity Wellness Program, where you'll get the best immune-supporting and cleaning products doTERRA has to offer, all delivered straight to your door every month for three months!







# **Best Products for Maintaining Informed Self-Care**









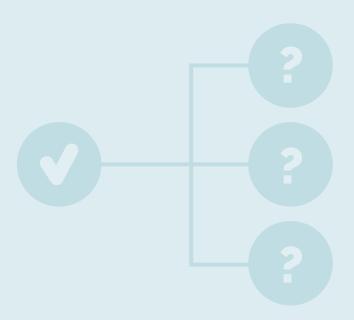
Don't wait until it's too late! Take care of your body today.

- Use doTERRA On Guard to support immunity in any season.\*
- Use Frankincense to support cellular health.\*
- Use **DigestZen TerraZyme®** and **PB Assist®•** for proactive gut health.\*
- Use the doTERRA Lifelong Vitality Pack for proactive overall health.\*

# Choose Your Next Adventure

After 21 days of working on health goals is over, what comes next? Where do you go from here?

No matter what healthy looks like to you, dōTERRA makes it easy to get the best products for your needs and goals. Keep the wholesome habits going with a Wellness Program: Immunity, Mind & Mood, or Relief. Every month, you'll get our most effective products for your specific program delivered to your doorstep to help you harness the power of healthy in your life.



#### **doTERRA**

# Wellness Programs

#### **How It Works**



#### Choose Your Program

Pick from these options: Immunity, Mind & Mood, and Relief.



#### **Use Your Products**

Receive a new kit each month, filled with specialized products for your program, and use its contents in your daily life.



#### Own Your Health

Start seeing real results as you integrate essential oils and related products into your routine.



#### Repeat or Select a New Program

Start the same program again for continued results or pick a different one for a new set of powerful benefits.



**Immunity Wellness Program** 



Mind & Mood Wellness Program



Relief Wellness Program

# Resources







# Checklist

Go through this checklist to make sure you're ready for the 21-Day Challenge:

l've signed up to receive my daily assignments (Text HEALTHY to 386457)	I have my dōTERRA Nutrition Line Cookbook
I've ordered the products I'll need (see the product list on page 12)	I have my daily tracker
I have my 21-day calendar	l've invited a friend to join me on this 21-day transformation!



# 21-Day Calendar

Print out this 21-day calendar to help you plan out your habit stacking. It can also serve as a quick reference of the daily challenge. Mark off each day as you go and celebrate your progress!



# Daily Tracker

#### Day 1 Today, I... Try to complete at least three per day. ■ Woke up on time. ☐ Reached my water intake goal. ☐ Did my daily movement. ■ Focused on calming activities before bed. ☐ Completed my daily oil routine (see below). ☐ Reviewed my habits on my weekly tracker. ■ Made plans for how I'll complete my habits tomorrow. ☐ Did my personal habit. Daily Oil Routine Morning: ☐ Diffuse three drops of Lemon or doTERRA Balance® to start the day grounded. ☐ Place one drop of doTERRA Balance to the wrist and take a deep breath. ☐ Add a drop of Lemon to a 20-ounce glass of water and drink. ☐ Take dōTERRA Lifelong Vitality Pack® and DigestZen TerraZyme® with breakfast. ☐ Diffuse three drops of dōTERRA On Guard® for an uplifting aroma. ☐ Massage Deep Blue® Rub into the back of the neck. ☐ Add a drop of Lemon to a 20-ounce glass of water and drink. ☐ Take dōTERRA Lifelong Vitality Pack and DigestZen TerraZyme with lunch. **Evening:** ☐ Diffuse three drops of Lavender to create a calming environment. ☐ Add one drop of Lavender or Frankincense to your nighttime moisturizer. ☐ Add a drop of Lemon to a 20-ounce glass of water and drink. ☐ Place one drop of Frankincense under the tongue for cellular support.\* ☐ Take PB Assist®+ before bed. Journal Today, I... Did . . .

Felt...

Am grateful for ...

#### Day 2

	Today, I Try to complete at least three per day.  ☐ Woke up on time. ☐ Reached my water intake goal.		
	☐ Did my daily movement.		
	☐ Focused on calming activities before bed.		
	☐ Completed my daily oil routine (see below).		
	Reviewed my habits on my weekly tracker.		
	☐ Made plans for how I'll complete my habits tomorrow.		
	Did my personal habit.		
	Daily Oil Routine		
ı	Morning:		
	□ Diffuse three drops of Lemon or doTERRA Balance® to start the day grounded.		
	Place one drop of doTERRA Balance to the wrist and take a deep breath.		
	Add a drop of Lemon to a 20-ounce glass of water and drink.		
	☐ Take dōTERRA Lifelong Vitality Pack® and DigestZen TerraZyme® with breakfast.		
1	Afternoon:		
	Diffuse three drops of doTERRA On Guard® for an uplifting aroma.		
	☐ Massage Deep Blue® Rub into the back of the neck.		
	Add a drop of Lemon to a 20-ounce glass of water and drink.		
	☐ Take dōTERRA Lifelong Vitality Pack and DigestZen TerraZyme with lunch.		
ı	Evening:		
	☐ Diffuse three drops of Lavender to create a calming environment.		
	Add one drop of Lavender or Frankincense to your nighttime moisturizer.		
	Add a drop of Lemon to a 20-ounce glass of water and drink.		
	Place one drop of Frankincense under the tongue for cellular support.*		
	☐ Take PB Assist®+ before bed.		
	Journal		
	Today, I		
	D' I		
	Did		
	Felt		
	Am grateful for		

# Day 3 Try to complete at least three per day.

■ Woke up on time.

Today, I...

- ☐ Reached my water intake goal.
- ☐ Did my daily movement.
- ☐ Focused on calming activities before bed.
- ☐ Completed my daily oil routine (see below).
- ☐ Reviewed my habits on my weekly tracker.
- ☐ Made plans for how I'll complete my habits tomorrow.
- ☐ Did my personal habit.

## Daily Oil Routine

### Morning:

- ☐ Diffuse three drops of Lemon or dōTERRA Balance® to start the day grounded.
- ☐ Place one drop of dōTERRA Balance to the wrist and take a deep breath.
- ☐ Add a drop of Lemon to a 20-ounce glass of water and drink.
- ☐ Take dōTERRA Lifelong Vitality Pack® and DigestZen TerraZyme® with breakfast.

#### Afternoon

- ☐ Diffuse three drops of doTERRA On Guard® for an uplifting aroma.
- ☐ Massage Deep Blue® Rub into the back of the neck.
- ☐ Add a drop of Lemon to a 20-ounce glass of water and drink.
- ☐ Take dōTERRA Lifelong Vitality Pack and DigestZen TerraZyme with lunch.

#### **Evening:**

- ☐ Diffuse three drops of Lavender to create a calming environment.
- Add one drop of Lavender or Frankincense to your nighttime moisturizer.
- Add a drop of Lemon to a 20-ounce glass of water and drink.
- □ Place one drop of Frankincense under the tongue for cellular support.\*
- ☐ Take PB Assist®+ before bed.

## Journal

Today, I...

Did . . .

Felt...

Am grateful for . . .

## Day 4

## Today, I... Try to complete at least three per day.

- Woke up on time.
- ☐ Reached my water intake goal.
- ☐ Did my daily movement.
- ☐ Focused on calming activities before bed.
- ☐ Completed my daily oil routine (see below).
- ☐ Reviewed my habits on my weekly tracker.
- ☐ Made plans for how I'll complete my habits tomorrow.
- ☐ Did my personal habit.

## Daily Oil Routine

### **Morning:**

- ☐ Diffuse three drops of Lemon or dōTERRA Balance® to start the day grounded.
- ☐ Place one drop of dōTERRA Balance to the wrist and take a deep breath.
- ☐ Add a drop of Lemon to a 20-ounce glass of water and drink.
- ☐ Take dōTERRA Lifelong Vitality Pack® and DigestZen TerraZyme® with breakfast.

#### Afternoon

- ☐ Diffuse three drops of doTERRA On Guard® for an uplifting aroma.
- ☐ Massage Deep Blue® Rub into the back of the neck.
- ☐ Add a drop of Lemon to a 20-ounce glass of water and drink.
- ☐ Take dōTERRA Lifelong Vitality Pack and DigestZen TerraZyme with lunch.

#### **Evening:**

- ☐ Diffuse three drops of Lavender to create a calming environment.
- ☐ Add one drop of Lavender or Frankincense to your nighttime moisturizer.
- ☐ Add a drop of Lemon to a 20-ounce glass of water and drink.
- ☐ Place one drop of Frankincense under the tongue for cellular support.\*
- ☐ Take PB Assist®+ before bed.

## Journal

Today, I...

Did . . .

Felt...

## Day 5 Today, I... Try to complete at least three per day. ■ Woke up on time.

- ☐ Reached my water intake goal.
- ☐ Did my daily movement.
- Focused on calming activities before bed.
- ☐ Completed my daily oil routine (see below).
- ☐ Reviewed my habits on my weekly tracker.
- ☐ Made plans for how I'll complete my habits tomorrow.
- ☐ Did my personal habit.

## Daily Oil Routine

### Morning:

- ☐ Diffuse three drops of Lemon or doTERRA Balance® to start the day grounded.
- ☐ Place one drop of doTERRA Balance to the wrist and take a deep breath.
- ☐ Add a drop of Lemon to a 20-ounce glass of water and drink.
- ☐ Take dōTERRA Lifelong Vitality Pack® and DigestZen TerraZyme® with breakfast.

- ☐ Diffuse three drops of doTERRA On Guard® for an uplifting aroma.
- ☐ Massage Deep Blue® Rub into the back of the neck.
- ☐ Add a drop of Lemon to a 20-ounce glass of water and drink.
- ☐ Take dōTERRA Lifelong Vitality Pack and DigestZen TerraZyme with lunch.

#### **Evening:**

- ☐ Diffuse three drops of Lavender to create a calming environment.
- ☐ Add one drop of Lavender or Frankincense to your nighttime moisturizer.
- ☐ Add a drop of Lemon to a 20-ounce glass of water and drink.
- ☐ Place one drop of Frankincense under the tongue for cellular support.\*
- ☐ Take PB Assist®+ before bed.

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Today, I...

Did . . .

Felt . . .

Am grateful for . . .

## Day 6

#### Today, I... Try to complete at least three per day.

- Woke up on time.
- ☐ Reached my water intake goal.
- ☐ Did my daily movement.
- ☐ Focused on calming activities before bed.
- ☐ Completed my daily oil routine (see below).
- ☐ Reviewed my habits on my weekly tracker.
- Made plans for how I'll complete my habits tomorrow.
- ☐ Did my personal habit.

## Daily Oil Routine

#### Morning:

- ☐ Diffuse three drops of Lemon or doTERRA Balance® to start the day grounded.
- ☐ Place one drop of doTERRA Balance to the wrist and take a deep breath.
- ☐ Add a drop of Lemon to a 20-ounce glass of water and drink.
- ☐ Take dōTERRA Lifelong Vitality Pack® and DigestZen TerraZyme® with breakfast.

- ☐ Diffuse three drops of doTERRA On Guard® for an uplifting aroma.
- ☐ Massage Deep Blue® Rub into the back of the neck.
- ☐ Add a drop of Lemon to a 20-ounce glass of water and drink.
- ☐ Take dōTERRA Lifelong Vitality Pack and DigestZen TerraZyme with lunch.

#### **Evening:**

- ☐ Diffuse three drops of Lavender to create a calming environment.
- ☐ Add one drop of Lavender or Frankincense to your nighttime moisturizer.
- ☐ Add a drop of Lemon to a 20-ounce glass of water and drink.
- ☐ Place one drop of Frankincense under the tongue for cellular support.\*
- Take PB Assist®+ before bed.

## Journal

Today, I...

Did . . .

Felt...

## Day 7

## Today, I... Try to complete at least three per day.

- Woke up on time.
- Reached my water intake goal.
- ☐ Did my daily movement.
- ☐ Focused on calming activities before bed.
- ☐ Completed my daily oil routine (see below).
- ☐ Reviewed my habits on my weekly tracker.
- ☐ Made plans for how I'll complete my habits tomorrow.
- ☐ Did my personal habit.

## Daily Oil Routine

### Morning:

- ☐ Diffuse three drops of Lemon or dōTERRA Balance® to start the day grounded.
- ☐ Place one drop of dōTERRA Balance to the wrist and take a deep breath.
- Add a drop of Lemon to a 20-ounce glass of water and drink.
- ☐ Take dōTERRA Lifelong Vitality Pack® and DigestZen TerraZyme® with breakfast.

#### Afternoon

- ☐ Diffuse three drops of doTERRA On Guard® for an uplifting aroma.
- ☐ Massage Deep Blue® Rub into the back of the neck.
- ☐ Add a drop of Lemon to a 20-ounce glass of water and drink.
- ☐ Take dōTERRA Lifelong Vitality Pack and DigestZen TerraZyme with lunch.

#### **Evening:**

- ☐ Diffuse three drops of Lavender to create a calming environment.
- ☐ Add one drop of Lavender or Frankincense to your nighttime moisturizer.
- Add a drop of Lemon to a 20-ounce glass of water and drink.
- ☐ Place one drop of Frankincense under the tongue for cellular support.\*
- ☐ Take PB Assist®+ before bed.

#### Journal

Today, I...

Did . . .

Felt...

Am grateful for . . .

## Day 8

## Today, I... Try to complete at least three per day.

- Woke up on time.
- ☐ Reached my water intake goal.
- ☐ Did my daily movement.
- ☐ Focused on calming activities before bed.
- ☐ Completed my daily oil routine (see below).
- ☐ Reviewed my habits on my weekly tracker.
- ☐ Made plans for how I'll complete my habits tomorrow.
- ☐ Did my personal habit.

## Daily Oil Routine

### **Morning:**

- ☐ Diffuse three drops of Lemon or dōTERRA Balance® to start the day grounded.
- ☐ Place one drop of dōTERRA Balance to the wrist and take a deep breath.
- ☐ Add a drop of Lemon to a 20-ounce glass of water and drink.
- ☐ Take dōTERRA Lifelong Vitality Pack® and DigestZen TerraZyme® with breakfast.

#### Afternoon

- ☐ Diffuse three drops of doTERRA On Guard® for an uplifting aroma.
- ☐ Massage Deep Blue® Rub into the back of the neck.
- ☐ Add a drop of Lemon to a 20-ounce glass of water and drink.
- ☐ Take dōTERRA Lifelong Vitality Pack and DigestZen TerraZyme with lunch.

#### **Evening:**

- ☐ Diffuse three drops of Lavender to create a calming environment.
- ☐ Add one drop of Lavender or Frankincense to your nighttime moisturizer.
- ☐ Add a drop of Lemon to a 20-ounce glass of water and drink.
- ☐ Place one drop of Frankincense under the tongue for cellular support.\*
- ☐ Take PB Assist®+ before bed.

## Journal

Today, I . . .

Did . . .

Felt...

Am grateful for . . .

#### **Day 10** Day 9 Today, I... Today, I... Try to complete at least three per day. Try to complete at least three per day. ■ Woke up on time. ■ Woke up on time. ☐ Reached my water intake goal. ☐ Reached my water intake goal. ☐ Did my daily movement. ☐ Did my daily movement. ■ Focused on calming activities before bed. ☐ Focused on calming activities before bed. ☐ Completed my daily oil routine (see below). ☐ Completed my daily oil routine (see below). ☐ Reviewed my habits on my weekly tracker. ☐ Reviewed my habits on my weekly tracker. ■ Made plans for how I'll complete my habits tomorrow. ☐ Made plans for how I'll complete my habits tomorrow. ☐ Did my personal habit. ☐ Did my personal habit. Daily Oil Routine Daily Oil Routine Morning: Morning: ☐ Diffuse three drops of Lemon or doTERRA Balance® ☐ Diffuse three drops of Lemon or doTERRA Balance® to start the day grounded. to start the day grounded. ☐ Place one drop of doTERRA Balance to the wrist ☐ Place one drop of doTERRA Balance to the wrist and take a deep breath. and take a deep breath. ☐ Add a drop of Lemon to a 20-ounce glass of water ☐ Add a drop of Lemon to a 20-ounce glass of water and drink. and drink. ☐ Take dōTERRA Lifelong Vitality Pack® and ☐ Take dōTERRA Lifelong Vitality Pack® and DigestZen TerraZyme® with breakfast. DigestZen TerraZyme® with breakfast. ☐ Diffuse three drops of doTERRA On Guard® for an ☐ Diffuse three drops of doTERRA On Guard® for an uplifting aroma. uplifting aroma. ☐ Massage Deep Blue® Rub into the back of the neck. ☐ Massage Deep Blue® Rub into the back of the neck. ☐ Add a drop of Lemon to a 20-ounce glass of water ☐ Add a drop of Lemon to a 20-ounce glass of water and drink. and drink. ☐ Take dōTERRA Lifelong Vitality Pack and ☐ Take dōTERRA Lifelong Vitality Pack and DigestZen TerraZyme with lunch. DigestZen TerraZyme with lunch. **Evening: Evening:** ☐ Diffuse three drops of Lavender to create a ☐ Diffuse three drops of Lavender to create a calming environment. calming environment. ☐ Add one drop of Lavender or Frankincense to your ☐ Add one drop of Lavender or Frankincense to your nighttime moisturizer. nighttime moisturizer. ☐ Add a drop of Lemon to a 20-ounce glass of water ☐ Add a drop of Lemon to a 20-ounce glass of water and drink. and drink. ☐ Place one drop of Frankincense under the tongue ☐ Place one drop of Frankincense under the tongue for cellular support.\* for cellular support.\* ☐ Take PB Assist®+ before bed. ■ Take PB Assist®+ before bed. Journal Journal Today, I... Today, I... Did . . . Did . . . Felt . . . Felt...

## **Day 11** Today, I... Try to complete at least three per day. ■ Woke up on time. ☐ Reached my water intake goal. ☐ Did my daily movement. ■ Focused on calming activities before bed. ☐ Completed my daily oil routine (see below). ☐ Reviewed my habits on my weekly tracker. ☐ Made plans for how I'll complete my habits tomorrow. ☐ Did my personal habit. Daily Oil Routine Morning: ☐ Diffuse three drops of Lemon or doTERRA Balance® to start the day grounded. ☐ Place one drop of doTERRA Balance to the wrist and take a deep breath. ☐ Add a drop of Lemon to a 20-ounce glass of water and drink. ☐ Take dōTERRA Lifelong Vitality Pack® and DigestZen TerraZyme® with breakfast. ☐ Diffuse three drops of dōTERRA On Guard® for an uplifting aroma. ☐ Massage Deep Blue® Rub into the back of the neck. ☐ Add a drop of Lemon to a 20-ounce glass of water and drink. ☐ Take dōTERRA Lifelong Vitality Pack and DigestZen TerraZyme with lunch. **Evening:** ☐ Diffuse three drops of Lavender to create a calming environment. ☐ Add one drop of Lavender or Frankincense to your nighttime moisturizer. ☐ Add a drop of Lemon to a 20-ounce glass of water and drink. ☐ Place one drop of Frankincense under the tongue for cellular support.\* ☐ Take PB Assist®+ before bed. Journal Today, I... Did . . .

Felt...

Am grateful for . . .

Tod	$ay, I\dots$ Try to complete at least three per day.
	Woke up on time.
	Reached my water intake goal.
	Did my daily movement.
	Focused on calming activities before bed.
	Completed my daily oil routine (see below).
	Reviewed my habits on my weekly tracker.
	Made plans for how I'll complete my habits tomorrow.
	Did my personal habit.
Dai	ly Oil Routine
Morn	
	Diffuse three drops of Lemon or doTERRA Balance® to start the day grounded.
	Place one drop of doTERRA Balance to the wrist and take a deep breath.
	Add a drop of Lemon to a 20-ounce glass of water and drink.
	Take dōTERRA Lifelong Vitality Pack® and DigestZen TerraZyme® with breakfast.
After	noon:
	Diffuse three drops of doTERRA On Guard® for an uplifting aroma.
	Massage Deep Blue® Rub into the back of the neck.
	Add a drop of Lemon to a 20-ounce glass of water and drink.
	Take dōTERRA Lifelong Vitality Pack and DigestZen TerraZyme with lunch.
Even	ing:
	Diffuse three drops of Lavender to create a calming environment.
	Add one drop of Lavender or Frankincense to your nighttime moisturizer.
	Add a drop of Lemon to a 20-ounce glass of water and drink.
	Place one drop of Frankincense under the tongue for cellular support.*
	Take PB Assist®+ before bed.
J	ournal
To	oday, I
D	id
Fe	elt
A	m grateful for

## Day 13 Today, I... Try to complete at least three per day. ■ Woke up on time. ☐ Reached my water intake goal. ☐ Did my daily movement. ■ Focused on calming activities before bed. ☐ Completed my daily oil routine (see below). ☐ Reviewed my habits on my weekly tracker. ☐ Made plans for how I'll complete my habits tomorrow. ☐ Did my personal habit. Daily Oil Routine Morning: ☐ Diffuse three drops of Lemon or doTERRA Balance® to start the day grounded. ☐ Place one drop of doTERRA Balance to the wrist and take a deep breath. ☐ Add a drop of Lemon to a 20-ounce glass of water and drink. ☐ Take dōTERRA Lifelong Vitality Pack® and DigestZen TerraZyme® with breakfast. ☐ Diffuse three drops of dōTERRA On Guard® for an uplifting aroma. ☐ Massage Deep Blue® Rub into the back of the neck. ☐ Add a drop of Lemon to a 20-ounce glass of water and drink. ☐ Take dōTERRA Lifelong Vitality Pack and DigestZen TerraZyme with lunch. **Evening:** ☐ Diffuse three drops of Lavender to create a calming environment. ☐ Add one drop of Lavender or Frankincense to your nighttime moisturizer. ☐ Add a drop of Lemon to a 20-ounce glass of water and drink. ☐ Place one drop of Frankincense under the tongue for cellular support.\* ☐ Take PB Assist®+ before bed. Journal Today, I... Did . . . Felt...

Am grateful for ...

	Try to complete at least three per day.		
	Woke up on time.		
	Reached my water intake goal.  Did my daily movement.		
	Focused on calming activities before bed.		
	Completed my daily oil routine (see below).		
	Reviewed my habits on my weekly tracker.		
	☐ Made plans for how I'll complete my habits tomorrow.		
	Did my personal habit.		
	ly Oil Routine		
Morn	_		
	Diffuse three drops of Lemon or doTERRA Balance® to start the day grounded.		
	Place one drop of dōTERRA Balance to the wrist and take a deep breath.		
	Add a drop of Lemon to a 20-ounce glass of water and drink.		
	Take dōTERRA Lifelong Vitality Pack® and DigestZen TerraZyme® with breakfast.		
	noon:		
	Diffuse three drops of doTERRA On Guard® for an uplifting aroma.		
	Massage Deep Blue® Rub into the back of the neck.		
	Add a drop of Lemon to a 20-ounce glass of water and drink.		
	Take dōTERRA Lifelong Vitality Pack and DigestZen TerraZyme with lunch.		
Even			
	Diffuse three drops of Lavender to create a calming environment.		
	Add one drop of Lavender or Frankincense to your nighttime moisturizer.		
	Add a drop of Lemon to a 20-ounce glass of water and drink.		
	Place one drop of Frankincense under the tongue for cellular support.*		
	Take PB Assist®+ before bed.		
J	ournal		
То	oday, I		
	id		
D	id		
F	elt		
А	m grateful for		

## Day 15 Today, I... Try to complete at least three per day. ■ Woke up on time. ☐ Reached my water intake goal. ☐ Did my daily movement. ■ Focused on calming activities before bed. ☐ Completed my daily oil routine (see below). ☐ Reviewed my habits on my weekly tracker. ☐ Made plans for how I'll complete my habits tomorrow. ☐ Did my personal habit. Daily Oil Routine Morning: ☐ Diffuse three drops of Lemon or doTERRA Balance® to start the day grounded. ☐ Place one drop of doTERRA Balance to the wrist and take a deep breath. ☐ Add a drop of Lemon to a 20-ounce glass of water and drink. ☐ Take dōTERRA Lifelong Vitality Pack® and DigestZen TerraZyme® with breakfast. ☐ Diffuse three drops of dōTERRA On Guard® for an uplifting aroma. ☐ Massage Deep Blue® Rub into the back of the neck. ☐ Add a drop of Lemon to a 20-ounce glass of water and drink. ☐ Take dōTERRA Lifelong Vitality Pack and DigestZen TerraZyme with lunch. **Evening:** ☐ Diffuse three drops of Lavender to create a calming environment. ☐ Add one drop of Lavender or Frankincense to your nighttime moisturizer. ☐ Add a drop of Lemon to a 20-ounce glass of water and drink. ☐ Place one drop of Frankincense under the tongue for cellular support.\* ☐ Take PB Assist®+ before bed. Journal Today, I... Did . . .

Felt...

Am grateful for ...

Today, I Try to complete at least three per day.		
☐ Woke up on time.		
Reached my water intake goal.		
<ul><li>Did my daily movement.</li><li>Focused on calming activities before bed.</li></ul>		
<ul><li>Completed my daily oil routine (see below).</li></ul>		
Reviewed my habits on my weekly tracker.		
☐ Made plans for how I'll complete my habits tomorrow.		
☐ Did my personal habit.		
Daily Oil Routine		
Morning:		
<ul> <li>Diffuse three drops of Lemon or doTERRA Balance® to start the day grounded.</li> </ul>		
Place one drop of doTERRA Balance to the wrist and take a deep breath.		
Add a drop of Lemon to a 20-ounce glass of water and drink.		
Take doTERRA Lifelong Vitality Pack® and DigestZen TerraZyme® with breakfast.		
Afternoon:		
Diffuse three drops of doTERRA On Guard® for an uplifting aroma.		
☐ Massage Deep Blue® Rub into the back of the neck.		
Add a drop of Lemon to a 20-ounce glass of water and drink.		
Take döTERRA Lifelong Vitality Pack and DigestZen TerraZyme with lunch.		
Evening:		
Diffuse three drops of Lavender to create a calming environment.		
Add one drop of Lavender or Frankincense to your nighttime moisturizer.		
Add a drop of Lemon to a 20-ounce glass of water and drink.		
Place one drop of Frankincense under the tongue for cellular support.*		
☐ Take PB Assist®+ before bed.		
Journal		
Today, I		
,		
Did		
Felt		
Am grateful for		

## **Day 17** Today, I... Try to complete at least three per day. ■ Woke up on time. ☐ Reached my water intake goal. ☐ Did my daily movement. ■ Focused on calming activities before bed. ☐ Completed my daily oil routine (see below). ☐ Reviewed my habits on my weekly tracker. ☐ Made plans for how I'll complete my habits tomorrow. ☐ Did my personal habit. Daily Oil Routine Morning: ☐ Diffuse three drops of Lemon or doTERRA Balance® to start the day grounded. ☐ Place one drop of doTERRA Balance to the wrist and take a deep breath. ☐ Add a drop of Lemon to a 20-ounce glass of water and drink. ☐ Take dōTERRA Lifelong Vitality Pack® and DigestZen TerraZyme® with breakfast. ☐ Diffuse three drops of dōTERRA On Guard® for an uplifting aroma. ☐ Massage Deep Blue® Rub into the back of the neck. ☐ Add a drop of Lemon to a 20-ounce glass of water and drink. ☐ Take dōTERRA Lifelong Vitality Pack and DigestZen TerraZyme with lunch. **Evening:** ☐ Diffuse three drops of Lavender to create a calming environment. ☐ Add one drop of Lavender or Frankincense to your nighttime moisturizer. ☐ Add a drop of Lemon to a 20-ounce glass of water and drink. ☐ Place one drop of Frankincense under the tongue for cellular support.\* ☐ Take PB Assist®+ before bed. Journal

Today, I...

Did . . .

Felt...

Am grateful for . . .

Today, I Try to complete at least three per day.		
☐ Woke up on time.		
Reached my water intake goal.		
☐ Did my daily movement.		
Focused on calming activities before bed.		
Completed my daily oil routine (see below).		
Reviewed my habits on my weekly tracker.		
☐ Made plans for how I'll complete my habits tomorrow.		
☐ Did my personal habit.		
Daily Oil Routine		
Morning:		
☐ Diffuse three drops of Lemon or dōTERRA Balance® to start the day grounded.		
Place one drop of doTERRA Balance to the wrist and take a deep breath.		
Add a drop of Lemon to a 20-ounce glass of water and drink.		
Take döTERRA Lifelong Vitality Pack® and DigestZen TerraZyme® with breakfast.		
Afternoon:		
<ul> <li>Diffuse three drops of doTERRA On Guard® for an uplifting aroma.</li> </ul>		
☐ Massage Deep Blue® Rub into the back of the neck.		
Add a drop of Lemon to a 20-ounce glass of water and drink.		
Take doTERRA Lifelong Vitality Pack and DigestZen TerraZyme with lunch.		
Evening:		
<ul> <li>Diffuse three drops of Lavender to create a calming environment.</li> </ul>		
Add one drop of Lavender or Frankincense to your nighttime moisturizer.		
Add a drop of Lemon to a 20-ounce glass of water and drink.		
□ Place one drop of Frankincense under the tongue for cellular support.*		
☐ Take PB Assist®+ before bed.		
Journal		
Today, I		
Did		
Felt		
Am grateful for		

<b>Day 19</b>		
Today, I Try to complete at least three per day.		
☐ Woke up on time.		
Reached my water intake goal.		
Did my daily movement.		
☐ Focused on calming activities before bed.		
<ul><li>Completed my daily oil routine (see below).</li><li>Reviewed my habits on my weekly tracker.</li></ul>		
Made plans for how I'll complete my habits tomorrow.		
☐ Did my personal habit.		
Daily Oil Routine		
Morning:		
Diffuse three drops of Lemon or doTERRA Balance® to start the day grounded.		
Place one drop of doTERRA Balance to the wrist and take a deep breath.		
Add a drop of Lemon to a 20-ounce glass of water and drink.		
Take döTERRA Lifelong Vitality Pack® and DigestZen TerraZyme® with breakfast.		
Afternoon:		
Diffuse three drops of doTERRA On Guard® for an uplifting aroma.		
Massage Deep Blue® Rub into the back of the neck.		
Add a drop of Lemon to a 20-ounce glass of water and drink.		
Take d  ōTERRA Lifelong Vitality Pack and DigestZen TerraZyme with lunch.		
Evening:		
<ul> <li>Diffuse three drops of Lavender to create a calming environment.</li> </ul>		
Add one drop of Lavender or Frankincense to your nighttime moisturizer.		
Add a drop of Lemon to a 20-ounce glass of water and drink.		
Place one drop of Frankincense under the tongue for cellular support.*		
☐ Take PB Assist®+ before bed.		
Journal		
Today, I		
Did		
Felt		

Am grateful for . . .

Today, I Try to complete at least three per day.				
☐ Woke up on time.				
Reached my water intake goal.				
Did my daily movement.				
☐ Focused on calming activities before bed.				
<ul><li>Completed my daily oil routine (see below).</li><li>Reviewed my habits on my weekly tracker.</li></ul>				
Made plans for how I'll complete my habits tomorrow.				
☐ Did my personal habit.				
Daily Oil Routine				
Morning:				
<ul> <li>Diffuse three drops of Lemon or doTERRA Balance® to start the day grounded.</li> </ul>				
Place one drop of doTERRA Balance to the wrist and take a deep breath.				
Add a drop of Lemon to a 20-ounce glass of water and drink.				
☐ Take dōTERRA Lifelong Vitality Pack® and DigestZen TerraZyme® with breakfast.				
Afternoon:				
<ul> <li>Diffuse three drops of doTERRA On Guard® for an uplifting aroma.</li> </ul>				
☐ Massage Deep Blue® Rub into the back of the neck.				
Add a drop of Lemon to a 20-ounce glass of water and drink.				
☐ Take dōTERRA Lifelong Vitality Pack and DigestZen TerraZyme with lunch.				
Evening:				
<ul> <li>Diffuse three drops of Lavender to create a calming environment.</li> </ul>				
Add one drop of Lavender or Frankincense to your nighttime moisturizer.				
Add a drop of Lemon to a 20-ounce glass of water and drink.				
Place one drop of Frankincense under the tongue for cellular support.*				
☐ Take PB Assist®+ before bed.				
Journal				
Today, I				
Did				
Felt				
Am grateful for				

<b>Day 21</b>	Notes
Today, I  □ Woke up on time. □ Reached my water intake goal. □ Did my daily movement. □ Focused on calming activities before bed. □ Completed my daily oil routine (see below). □ Reviewed my habits on my weekly tracker. □ Made plans for how I'll complete my habits tomorrow. □ Did my personal habit.	
Daily Oil Routine	
<ul> <li>Morning:</li> <li>□ Diffuse three drops of Lemon or dōTERRA Balance® to start the day grounded.</li> <li>□ Place one drop of dōTERRA Balance to the wrist and take a deep breath.</li> <li>□ Add a drop of Lemon to a 20-ounce glass of water and drink.</li> <li>□ Take dōTERRA Lifelong Vitality Pack® and DigestZen TerraZyme® with breakfast.</li> <li>Afternoon:</li> <li>□ Diffuse three drops of dōTERRA On Guard® for an uplifting aroma.</li> </ul>	
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Journal Today, I  Did  Felt	
Am grateful for	





## Recipes in this book

doTERRA Greens Recipes: Super Green Roasted Garlic Hummus

Chicken Burrito Bowl with Super Green Jalapeño Sauce

doTERRA Fiber Recipes: Blueberry Fiber Pancakes and Syrup

Fiber Oat Cups

doTERRA Protein Chocolate Recipes: Chocolate Protein Cake Bites

Dark Chocolate Protein Overnight Oats

dōTERRA Protein Vanilla Recipes: Vanilla Protein Balls

Protein Yogurt Parfait

doTERRA Protein Vegan Recipes:

Vegan Quinoa Breakfast Bowl Vegan Peanut Butter Bars

## Smoothies

dōTERRA Greens Get Your Greens The Blueberry Patch Mixed Berry Blast PB and J

döTERRA Fiber Island Daydream Mango on the Go Cinnamon Apple Swirl Go Nuts!

dōTERRA Protein Chocolate Peanut Buttler Bliss Raspberry Rush Berry Good Morning Chocolate Almond Swirl

dōTERRA Protein Vanilla Kiwi Strawberry Splash Sweet Cherry Smoothie Cool Berry Twist Citrus Sunset

dōTERRA Protein Vegan Tropical Dream Banana Bonanza Wild Orange Sweet Treat Carefree with Coconut





## SUPER GREEN ROASTED GARLIC HUMMUS

Yields 2 cups

## Ingredients:

- 1 15-ounce can garbanzo beans, rinsed and drained
- 1 tablespoon fresh lemon juice
- 4 tablespoons tahini
- 1 tablespoon garlic, roasted (usually 1 garlic bulb)
- ½ teaspoon kosher salt
- 2 tablespoons extra virgin olive oil
- 1 scoop dōTERRA Greens

#### Instructions:

1. Preheat the oven to 350 °F.

- 2. Cut the top of the garlic bulb so the cloves are exposed.
- 3. Place the bulb—cut side up—on a sheet of aluminum foil and fold the ends over the garlic.
- 4. Roast for 45 minutes or until the garlic is soft and tender.
- 5. Remove and allow to cool, then squeeze the roasted garlic out, starting from the root.
- 6. Place all the ingredients in a food processor, puree until smooth, and enjoy!
- 7. Store in an airtight container in the refrigerator





## **CHICKEN BURRITO BOWL WITH SUPER GREEN JALAPEÑO SAUCE**

Yields 4 bowls

#### Ingredients:

- 2 boneless and skinless chicken breasts
- 1 teaspoon kosher salt
- 1 teaspoon cumin
- 2 teaspoons smoked paprika
- 1 15-ounce can black beans, rinsed and drained
- 1 15-ounce can corn, rinsed and drained
- 4 cups precooked brown rice
- 2 small Roma tomatoes, diced
- ½ cup queso fresco cheese, crumbled
- ½ cup sour cream
- 1/4 cup green onion, diced
- 1 cup super green jalapeño sauce (see recipe below)

## **Super Green Jalapeño Sauce Ingredients:**

- 1 12-ounce can jalapeños
- 1 bunch fresh cilantro leaves, chopped
- 1 teaspoon garlic powder
- 1 teaspoon kosher salt

½ cup sour cream

Juice from 1 fresh lime

2 scoops doTERRA Greens

#### Instructions:

- 1. Rub the salt, cumin, and paprika on both sides of the chicken breasts.
- 2. Coat a skillet with oil and warm over medium heat until hot.
- 3. Sear the chicken on both sides until golden brown—about 8-10 minutes per side—until the internal temperature reaches 165 °F.
- 4. Remove the chicken from the pan and set on a plate to rest.
- 5. Place the jalapeños, cilantro leaves, garlic powder, kosher salt, sour cream, lime juice, and doTERRA Greens in a food processor and puree until smooth.
- 6. Divide the warm beans, corn, and rice into 4 bowls.
- 7. Cut the chicken into bite-sized pieces and place in bowls.
- 8. Top each bowl, with tomatoes, cheese, sour cream, onions, and super green jalapeño sauce. Enjoy!
- 9. Place any remaining sauce in an airtight container and keep in the refrigerator for up to 7 days.



## **BLUEBERRY FIBER PANCAKES AND SYRUP**

Yields 8 large pancakes

Yields 1½ cups of blueberry syrup

## Ingredients:

- 3 cups blueberries, frozen
- 34 tablespoon non-GMO cornstarch
- 1/4 teaspoon lemon juice
- 2 tablespoons sugar or 3 tablespoons monk fruit sweetener
- 1 cup almond milk
- ½ cup buttermilk
- 1/4 cup butter, melted
- 2 tablespoons honey
- 2 large organic eggs
- 1½ cup whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- 1 scoop doTERRA Fiber

#### Pancake Instructions:

- 1. In a bowl, mix the almond milk, buttermilk, butter, honey, eggs, whole wheat flour, baking soda, vanilla, and doTERRA Fiber until smooth. Can also mix in your favorite berries, diced apples, or nuts into the batter, if desired.
- 2. Heat an oiled griddle over medium heat.
- 3. Scoop the batter onto the griddle, making the pancakes any size preference.
- 4. Flip the pancakes after bubbles rise to the surface and the bottom is golden brown.
- Cook the second side until golden brown.
- 6. Serve hot with the blueberry syrup.

## Syrup Instructions:

- 1. In a large saucepan, add the blueberries and coat with sugar, lemon juice, and cornstarch.
- 2. Cook over medium heat until the blueberries excrete juices and the mixture thickens.
- Stir occasionally and enjoy! For a completely smooth syrup, puree the cooked mixture in a blender.



#### **FIBER OAT CUPS**

Yields 1½ dozen

## Ingredients:

- 3 ripe bananas
- 1½ cups coconut, almond, or vanilla oat milk
- ½ cup honey
- 1 teaspoon vanilla
- 2 large organic eggs
- 3 cups old-fashioned oats
- 2 teaspoons baking soda
- 1½ teaspoons cinnamon
- 1 teaspoon kosher salt
- 2 tablespoons chai seeds
- 2 scoops doTERRA Fiber
- ⅔ cup bittersweet chocolate chips

#### Instructions:

- 1. Preheat the oven to 375 °F.
- Spray a 12-cup muffin pan with cooking spray and set aside.
- 3. In a large-sized bowl, smash the bananas until they're no longer chunky.
- 4. Add all the other ingredients and mix until incorporated.
- 5. Divide the batter evenly into the muffin pan and bake for 17 minutes.
- 6. Allow to cool for 5 minutes before removing from pan.
- 7. Store any leftovers in a storage bag for 7 days at room temperature or in the refrigerator.





## **CHOCOLATE PROTEIN CAKE BITES**

Yields 12 cake bites

## Ingredients:

½ cup natural cashew, almond, or peanut butter

½ cup pumpkin puree

½ cup honey or pure maple syrup

½ cup cocoa powder

½ teaspoon baking soda

1 scoop Chocolate doTERRA Protein

#### **Oven Instructions:**

- Preheat the oven to 375 °F.
- 2. Lightly spray a 12-cup muffin pan with cooking spray.
- 3. In a medium-sized bowl, whisk the peanut butter,
- 4. Add eggs one at a time to the mixture, making sure each egg is fully mixed in before adding the next one.

- 5. Gently fold the dry ingredients into the wet ones until fully combined.
- 6. Divide the mixture evenly into the prepared
- slightly gooey in the middle. Cool slightly and enjoy!
- 8. Store in an airtight container for up to 7 days.

#### Microwave Instructions:

- 1. In a medium-sized bowl, whisk the peanut butter, pumpkin, and honey until smooth.
- 2. Add eggs one at a time to the mixture, making sure each egg is fully mixed in before adding the next one.
- 3. Gently fold the dry ingredients into the wet ones until fully combined.
- 4. Scoop the desired amount of batter into a





## DARK CHOCOLATE PROTEIN OVERNIGHT OATS

Yields 2 servings

## Ingredients:

- 1 cup old-fashioned oats
- 1 cup coconut milk
- ½ cup coconut Greek yogurt
- 1 scoop Chocolate doTERRA Protein
- 1 tablespoon honey
- 1 tablespoon cocoa powder
- 2 tablespoons coconut, shaved

Pinch of salt

#### Instructions:

- Whisk the milk, yogurt, salt, honey, cocoa powder, and Chocolate doTERRA Protein in a bowl until smooth.
- 2. Stir in the oats and coconut.
- 3. Pour into an airtight container and place in the refrigerator overnight or at least 5 hours.
- 4. Garnish with dark chocolate chips and shaved coconut, and then enjoy! Keep in the refrigerator for up to 5 days.



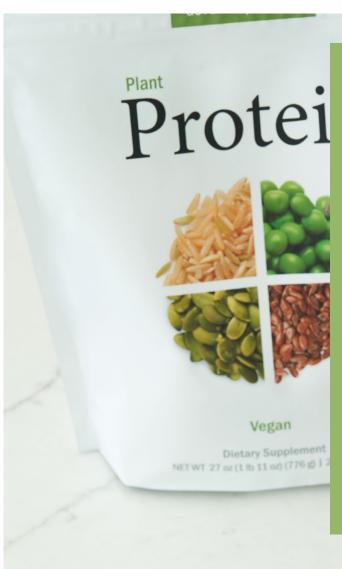
## VANILLA PROTEIN BALLS

## Ingredients:









## **VEGAN QUINOA BREAKFAST BOWL**

## Ingredients:

½ cup quinoa

1 scoop Vegan dōTERRA Protein





## **VEGAN PEANUT BUTTER BARS**

Yields 12 bars

## Ingredients:

- 1 cup natural cashew, almond, or peanut butter
- ½ cup honey
- 2 cups old-fashioned oats
- 1 cup almond flour
- 2 scoops **Vegan dōTERRA Protein**
- 1/4 cup dairy-free white chocolate chips

## Instructions:

- 1. In a medium-sized bowl, whisk the peanut butter and honey until smooth.
- 2. Add the oats, flour, Vegan doTERRA Protein, and chocolate chips to the mixture and mix until incorporated.
- 3. Spread the mixture onto a cutting board until at a 1-inch thickness.
- 4. Cut into 12 bars and enjoy!
- 5. Store in the refrigerator in an airtight container for up to 14 days.

# **dōTERRA** Greens **Smoothies**

## **GET YOUR GREENS**

12-14 ounces water

2 scoops doTERRA Greens

1 handful spinach

½ banana, frozen

½ avocado

1 handful ice cubes

1 drop Lime essential oil

# Greens

dôTERRA' Nutrition









Dietary Supplement NET WT (12.4 or) 351 g | 30 Servings

## THE BLUEBERRY PATCH

12-14 ounces water

2 scoops doTERRA Greens

⅓ cup blueberries, frozen

#### **MIXED BERRY BLAST**

12-14 ounces water

2 scoops doTERRA Greens

1 cup mixed berries

1 handful ice cubes

## PB AND J

½ cup almond or cashew milk

2 scoops doTERRA Greens

½ cup strawberries, frozen

1 drop Lemon essential oil



12-14 ounces coconut milk

2 scoops doTERRA Fiber

½ cup mango

½ cup papaya

½ cup pineapple

1 handful ice cubes

1 drop Wild Orange essential oil

dōTERRA' | Nutrition

Fiber







**Dietary Supplement** NET WT 11 oz (323 g) | 30 Servings

## MANGO ON THE GO

½ cup cashew or almond milk

- 2 scoops doTERRA Fiber
- 1 cup raspberries, frozen
- 1 cup mango, frozen
- 1 drop Lime essential oil

## **CINNAMON APPLE SWIRL**

½ cup cashew or almond milk

- 2 scoops doTERRA Fiber
- 1 cup apple slices
- 1 tablespoon almond butter

Dash of cinnamon

- 1 handful ice cubes
- 1 toothpick swirl Cinnamon Bark essential oil

## GO NUTS!

3/2 cup almond or cashew milk

- 2 scoops doTERRA Fiber
- 1 teaspoon peanut butter
- 1 teaspoon coconut butter
- 1 banana, frozen
- 1 handful ice cubes
- 1 toothpick swirl Cinnamon
- Bark essential oil

These recipes yield approximately two smoothie servings (8 ounces per serving). For those who prefer a larger smoothie size for one serving, the recipe and amount of fiber can be adjusted accordingly.





