

Katie McGiven—Five Must Know Daily Habits with Essential Oils

“ It is health that is real wealth and not pieces of gold and silver.
—Mahatma Gandhi ”

Positive Mindset

Write 1-3 affirmations you would like to try using.

Aromatherapy—which of the oils Katie suggested would you like to try? _____

Improve Relationships

To whom can you send a “two-minute message” today? _____

What four blends did Katie recommend to support this habit?

Sleep

Which oil and application of it would you like to try tonight to support your sleep?

Reduce (or eliminate) Sugar Intake

What health benefits of reducing or eliminating sugar intake stood out most to you?

Exercise

What activity(ies) do you enjoy as exercise? _____

Which three products did Katie suggest to pair with this habit?

Circle which habit you would like to start implementing or improve this week.

Positive Mindset

Improve Relationships

Sleep

Reduce Sugar Intake

Exercise