



ESSENTIAL OIL  
SOLUTIONS  
with dōTERRA

## 7 Daily Habits with Essential Oils

Which one of Carolyn's oil habits are you most excited to try?

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What are the supplements that she uses every day?

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What is her favorite supplement to use before bed?

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How can you make it easier to remember to use your oils?

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What is Carolyn's top habit that she recommends to other people?

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