



Laura Jacobs Daily Informed Self-Care

As Laura Jacobs describes each of the first 5 levels of the dōTERRA Wellness Lifestyle Pyramid, write down the oils and products she recommends at each level.

Eat Right

Exercise

Rest and Manage Stress

REST: _____

MANAGE STRESS: _____

Reduce Toxic Load

Informed Self-Care

DYNAMIC DUO:

Post Presentation

Now, choose one of the 5 levels that you would like to improve over the next 2 weeks. Circle which level. Then write down at least one thing you will do daily (either something learned in the podcast or your own idea).

EAT RIGHT EXERCISE REST AND MANAGE STRESS REDUCE TOXIC LOAD INFORMED SELF-CARE

DAILY GOAL:
