

Stay FOCUSED and MOTIVATED ALL DAY with ESSENTIAL OILS

Morning motivation

- Turn on your essential oil diffuser in the morning and use energizing essential oils like **Lemon** or **dōTERRA Motivate®** to uplift your mood and promote energized feelings as you get ready for the day.
- Place a drop of **Peppermint** on your tongue before you leave the house in the morning to help you feel alert and awake (and also to freshen your breath).

Sluggish afternoons

- Place invigorating essential oils like **Wild Orange** or **Douglas Fir** in the palms, rub the hands together, and inhale slowly when you need an afternoon pick-me-up.
- Diffuse uplifting and energizing essential oils like **dōTERRA Cheer®** or **Lime** oil at your desk to wake up your senses during the long afternoon hours at work.
- When you are getting ready to tackle a long to-do list but already feel burnt out from your busy morning, place a dab of uplifting oils like **Bergamot** or **Tangerine** on your wrists to carry the aroma with you as you run errands.

Endure through the evening

- After a long day, help your family focus on homework and other projects by diffusing essential oils like **Basil**, **Coriander**, or **Rosemary** nearby.
- If you need a little burst of focus to get you through the rest of the day, apply **InTune®** to the wrists to promote a sense of clarity.

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