dōTERRA's Wellness Lifestyle Pyramid illustrates how wellness is a combination of lifestyle and healthcare. When lifestyle is the focus, health is naturally achieved and maintained. Your daily habits make all the difference. As you live these principles and use dōTERRA's powerful products, you experience new levels of wholeness.

Rate yourself in each area (1-10)

feelings of tension in the body to promote regular exercise

dōTERRA whole-foods supplements are an ideal way to give your body what it needs to thrive, starting with great

and help you stay active and strong.

EAT RIGHT

nutrition and digestive support.

PROACTIVE MEDICAL CARE Developing a relationship with trusted medical professionals allows you to be proactive instead of reactive about necessary medical care, which is one of the foundational pillars of lifelong health. HEALTHCARE **INFORMED SELF CARE** Create the habit of using doTERRA solutions as your first line of defense by using a trusted essential oil reference book and increasing your understanding of the many possibilities you have at your fingertips. **REDUCE TOXIC LOAD** Reduce your synthetic exposure by keeping more naturally sourced products around your home, on your skin, and in your body. **REST & MANAGE STRESS** Essential oils can provide support for getting consistent quality rest, which can improve your mood and give your body the opportunity to repair and renew. LIFESTYLE **EXERCISE** dōTERRA can help support greater focus as well as ease

Now that you understand the principles of the Wellness Lifestyle Pyramid, it is time to build your own Healthy Habits for Life plan using these suggestions for daily product use and healthy habits.

Daily Product Uses

MORNING	DAYTIME	EVENING
· Apply 1 drop Frankincense to back of neck	• Add Lemon to water throughout the day	Diffuse Lavender before bed
 Apply 1-2 drops Balance to bottoms of feet Take Lifelong Vitality supplements, starting in the morning and finishing desired dosage throughout the day (if needed) 	 Apply Deep Blue Rub after exercise Take Terrazyme with meals throughout the day 	• Put 1 drop On Guard under tongue or take in a Veggie Cap

Daily Healthy Habit Ideas

MORNING	DAYTIME	EVENING
• Eat a hearty breakfast with whole, fresh foods	 Eat a balanced, light lunch Take a 5-10 minute walk 	Eat a nutritious dinner Stretch
 Meditate or take a moment for personal reflection Go for a morning jog Establish a morning yoga practice 	 Drink 2-3 liters of water throughout the day Take a quiet moment to write in a 	 Take a relaxing bath or shower Take a break from electronics before bed read a book instead!
Establish a morning yoga practice	gratitude journal	• Get 7-9 hours of sleep

Customize your Healthy Habits Plan

MORNING	DAYTIME	EVENING