



ESSENTIAL OIL
SOLUTIONS
with dōTERRA

Creating Routines for the Whole Family

How can we make breakfast the most important meal of the day?

Rachel lists three key things that everyone should include their routine. What are they?

List a new way you can incorporate essential oils into your routine:

Which dōTERRA supplements does Rachel list that have helped her overcome "afternoon lows?"

What's a diffuser blend that you love?

List one new habit you want to adapt into your routine after this episode:
