

# WELLNESS WORKBOOK



**EAT  
WITH  
LOVE**

**MOVE  
WITH  
LOVE**

**SPEAK  
WITH  
LOVE**

**ACT  
WITH  
LOVE**

# OC2

## Wellness for Life

My doTERRA support person:  
[Your "Upline" / who introduced you to the oils]

Support Person's name / number:

## MY TOP 3 HEALTH PRIORITIES

1

Oils I have that could help

---

Oils I want to try later

2

Oils I have that could help

---

Oils I want to try later

3

Oils I have that could help

---

Oils I want to try later

*No matter how you feel. Get up. Dress up. Show up. And never give up.*

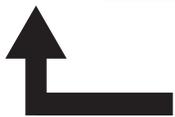
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## Wellness for Life

Why do you want to be healthy? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



For each of the areas on the wellness pyramid, rate yourself on a scale of 1-10.

This exercise is simply for awareness, not judgment or criticism.

We can't move forward if we don't know where we are starting from.

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## Wellness for Life

### Nutrition Inventory:

Rate yourself on a scale of 1 - 10  
over the last 30 days...

How do you feel about your overall nutrition?	How has your overall water intake been?
Have you been striving to eat healthy food?	How do you feel about your consumption of fresh fruits and vegetables?

Again, these questions are simply to create awareness.  
Let's get a good baseline.

What would it take to move you  
up one point on the scale?

Where would you be in ten years if none  
of these scores change?

# OC2

## Wellness for Life

### PLACEMENT

#### Strategy

What is my LLV placement strategy?

When do I plan on taking them; morning, evening, both?

What will I do to remind myself to take them?

### MENU PLAN

#### Meal Prep

When will I create my meal plan?

What day will I meal prep?

What else do I need to set me up for success?

Extra  
Miller  
Challenge!

### MEAL PLANNING!

I made a 7 day meal plan

YES

NO

*Every time you eat or drink, you are either fighting disease or feeding it. -Heather Morgan*

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## Wellness for Life

### Exercise Inventory:

Rate yourself on a scale of 1 - 10  
over the last 30 days...

How would you rate your current level of physical activity?	How good does your body feel when you exercise?
Do you find that you want to exercise?	List 5 physical activities you ENJOY. (This can be ANYTHING!)

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Write one action step in each of the above quadrants.

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## Wellness for Life



### Stinky Shoe Spray

- 1 oz Unscented Witch Hazel
- 1 oz distilled water
- 6 drops Peppermint Essential Oil
- 4 drops Melaleuca Essential Oil
- 2 drops Eucalyptus Essential Oil
- 1 drop Thyme Essential Oil

Place all ingredients in a 2-3 oz spray bottle and shake to mix. Spray shoes, sports gear, or yoga mats and let dry before use.



### Pump Up Blend

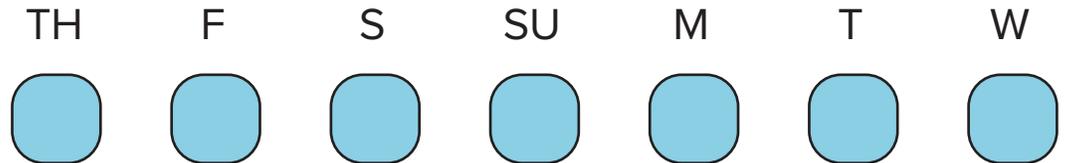
- 10 drops Grapefruit EO
- 8 drop Wild Orange EO
- 4 drops Wintergreen EO
- 4 drops Basil EO
- Fractionated Coconut Oil

Add all essential oils to a 10ml, roller bottle, top with Fractionated Coconut Oil, place lid on and mix gently. Apply on back of the neck, inside of the wrists, or over your heart before exercise to give your body, heart and mind an extra dose of confidence, motivation and self love. Go get 'em Tiger!



Add 3 new songs to your Dance Party list

### BODY CELEBRATION CHART!



Did I move my body for at least 10 minutes 5 out of 7 days?

*Your desire to change must be greater than your desire to stay the same.*

### Rest/Manage Stress Inventory:

Rate yourself on a scale of 1 - 10  
over the last 30 days...

How would you rate the <b>quantity</b> of your sleep.	How would you rate the <b>quality</b> of your sleep.
How would you rate your current stress level?	List 5 activities that help control your stress level.

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## Wellness for Life

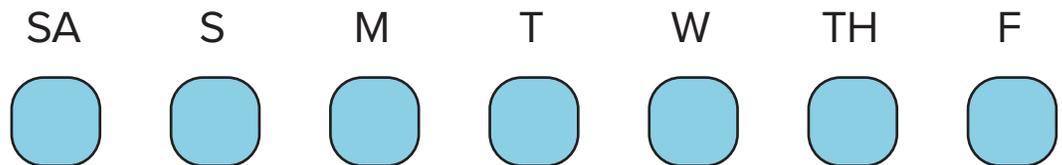
### EVENING

#### Routine Ideas

- Diffuse a calming oil (like Lavender, Balance, Cedarwood, Serenity, etc.)
- Do some "night before planning"...figure out what's coming up tomorrow and get organized tonight!
- Relax with a cup of hot tea
- Snuggle up with a warm blanket and a good book
- Do a few minutes of calming yoga or stretching
- Do some simple gratitude journaling; find 5 things that you are grateful for today and write them down!
- Have a heartfelt conversation with a loved one
- Get some light exercise
- Spend a few minutes in prayer or meditation

Extra  
Miler  
Challenge!

### SWEET DREAMS CELEBRATION CHART!



Did I get 7.5 hours of sleep at least 5 out of 7 days?

*The sooner you step away from your comfort zone, the sooner you'll realize that it really wasn't all that comfortable. - Eddie Harris Jr.*

### Toxic Load Inventory:

Rate yourself on a scale of 1 - 10  
over the last 30 days...

Can you pronounce all the words in the ingredients in your skin care products?	Can you pronounce all the words in the ingredients in your personal care products?
Can you pronounce all the words in the ingredients in your healthcare products?	Can you pronounce all the words in the ingredients in your cleaning products?

Again, these questions are simply to create awareness.  
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of these scores change?

## REDUCING

Toxic Load

What products am I throwing out?  
What products am I already using that are supporting my body and not adding to the toxic load?



## TOXIC LOAD

Taking Action

What area do I want to start with?

- > Skin Care
- > Cleaning Products
- > Personal Care Products
- > Health and Wellness Routines

*Start small, but start now.*

### Spiritual Inventory:

Rate yourself on a scale of 1 - 10  
over the last 30 days...

<p>What is a character trait you are trying to improve in right now?</p>	<p>How often do you consider your place in the “big picture”?</p>
<p>Do your spiritual beliefs have any practical effect on the way you live your life?</p>	<p>Do you ever think about what will happen to you after you die?</p>

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## Action Plan

Primary Focus Area \_\_\_\_\_

Why is this worth changing? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What actions am I committed to changing in the next 7 days. (Make a game plan! Include 2-5 actionable steps you can take over the next week.) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How will I celebrate when I accomplish my goal? \_\_\_\_\_

\_\_\_\_\_

Because change is worth it:

Check off the days when you complete your tasks!

S



M



T



W



TH



F



SA



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## Notes!!!

*Look closely at the present you are constructing.  
It should look like the future you are dreaming. - Alice Walker*

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Notes!!!

*The moon doesn't consider one phase better than another, she just glows, equally stunning at each turn. Why should we be any different? - Christen Rogers*

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Notes!!!

*Love covers a multitude of sins*