

# 40 LIFESTYLE TIPS &

## DESIGN YOUR PROGRAM.

Consider your body type and what choices you are making. Think about what you like and where a good starting point is for you, and don't compare it with where others start. This is for you.



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## PREPARING MEALS

can help you take charge of what you eat, along with taking away the temptation of going out.

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**THINK POSITIVE.** Come up with positive affirmations that you can repeat to yourself every morning in the mirror.



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## START SMALL.

Don't set out to start a rigorous regimen right from the beginning. Motivation fluctuates and you can get overwhelmed early on if you take too much on, so start small.



**FILL IN YOUR NUTRITIONAL GAPS** with the doTERRA Lifelong Vitality Pack®.

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## DIFFUSE WILD ORANGE

to uplift your mind and body throughout the day.



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## DETOX YOUR HOME

by using natural cleaning solutions and personal care products.

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## LAUGHTER IS THE BEST MEDICINE.

Even seven minutes of laughter can increase your energy and resting heart-rate.

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**STAY HYDRATED.** Divide your weight in pounds by two and drink that many ounces of water daily.

**KEEP TRACK** of when you exercise and for how long. Writing down what you do shows you how hard you're working. Looking back and seeing how much you've done can create an inspiring sense of accomplishment.



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**11 THINK OF HOW YOU FEEL AFTER EATING.**

The more junk food you eat, the more energy-drained and uncomfortable you will feel. Eating healthier can give you boosts of energy and make you feel better.



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## APPLY PEPPERMINT ESSENTIAL OIL

to your chest for an invigorating pick-me-up before a workout.



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**DON'T WORRY** if you're not seeing quick results. It normally takes about eight weeks for results to really kick in visually. Remember, you can't do it all in one sitting.



**TAKE ONE STEP AT A TIME.** Even if it's just taking the stairs over the elevator, that's one step closer to a healthier lifestyle. Baby steps are still steps in the right direction.

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**SHUT IT DOWN.** The LED lights from technology can disturb the sleep hormone melatonin. A good night's sleep is essential for your productivity the next day, so put away technology and get some rest.



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**USE MITO2MAX®** as a healthy, longterm alternative to caffeinated drinks and supplements for increased energy and vitality.\*



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**SQUEEZE IN SOME MEDITATION.** Find a quiet place for 15 minutes to clear your mind and let go of stress.

## LOOK GOOD, FEEL GOOD.

Sometimes it's the little things that help the most. Get some nice workout clothes—something you feel pretty in.



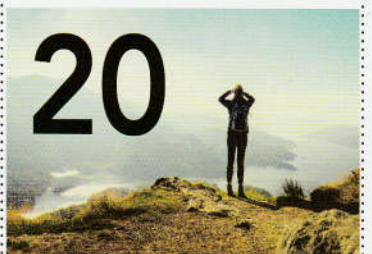
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**ADD GINGER ESSENTIAL OIL** to your water for added boost in late afternoons.

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**HAVE FUN.** When it comes to exercise, find something you really enjoy doing.



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# ESSENTIAL OIL USES

## 21 THINK SMALLER PORTIONS.

Serving sizes have increased recently and are often too much for a healthy diet. One suggestion is to use a smaller plate or bowl to enable healthy portions.



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## POP IN A PEPPERMINT BEADLET

before going on a run to open airways and promote clear breathing.\*



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## RE-CONNECT WITH NATURE.

A study at the University of Michigan showed that after just one hour in nature, people's attention spans improved.

TREAT YOURSELF when you accomplish a goal, whether it's shopping or simply making time to relax.

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## AVOID CRASH DIETS!

Although these diets may assist you in dropping a few pounds, it comes at a price. Sacrificing good nutrition will result in burning fewer calories and gaining weight even quicker than before the diet.



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## EATING A HEALTHY AND NUTRITIOUS BREAKFAST

will wake up your metabolism and provide you with more energy for the day.



## NEVER STOP LEARNING.

Whether it's for a personal development or a career path, continually learning and developing new skills stimulates your brain activity and is beneficial to your health and well-being.

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ADD A COUPLE OF DROPS OF LEMON OR GRAPEFRUIT ESSENTIAL OIL to your water bottle, and sip during your work out to help keep your metabolism humming.\*

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## LISTEN TO YOUR BODY.

When starting a new workout routine, it's very important to know what you're capable of.



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## TAKE YOUR TIME EATING.

Your brain takes a few minutes to register when your stomach is full; eating more slowly can benefit you in eating less. Wait 15 minutes before dishing up for seconds.



SERVE OTHERS. When we are constantly thinking of ourselves, we have too much time to think of our failures. Helping others allows us to take attention off ourselves.



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REPLACE SUGARY SNACKS with sweet fruits and veggies to help satisfy a sweet tooth.

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## 33 BUILD GRADUALLY.

Start exercising at a reasonable pace and increase as soon as you stop feeling challenged.



## 34 APPLY SERENITY ESSENTIAL OIL BLEND

to the back of your neck for a sense of escape or utilize its calming and renewing aroma at bedtime.



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## 35 TRAVEL SOMEWHERE.

The memories and experiences you make while exploring new place will make you a happier person in the long run.



READ LABELS. Pay attention to what you are putting into your body. A simple rule to go by is if you don't recognize it, don't eat it.



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TACKLE YOUR DEBT. Enroll in the doTERRA® Free to Give Program, and be rewarded for your accomplishments.



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START TAKING doTERRA ON GUARD® SOFTGELS a week before flying or going on a trip for immune-supporting benefits.\*



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USE SLIM & SASSY® BLEND as part of your diet to help support healthy metabolic function.\*



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EAT WITH OTHERS. There are many emotional benefits in eating with others, but in addition mindless eating is more likely to occur when eating in front of the TV or computer.



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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.