

THE ESSENTIAL LIFESTYLE™

dōTERRA LIFESTYLE



YOUR TOP-5 WELLNESS GOALS

1. _____
2. _____
3. _____
4. _____
5. _____



EAT RIGHT

EXERCISE

REST & MANAGE STRESS

REDUCE TOXIC CHEMICALS

INFORMED SELFCARE

MY dōTERRA LIFESTYLE

Name: _____ Phone: _____ Email: _____

Who needs to experience a class?

Name: _____

Phone: _____

Email: _____

Name: _____

Phone: _____

Email: _____

I am open to hosting a class

Yes