

§ SIMPLY *serendipity*

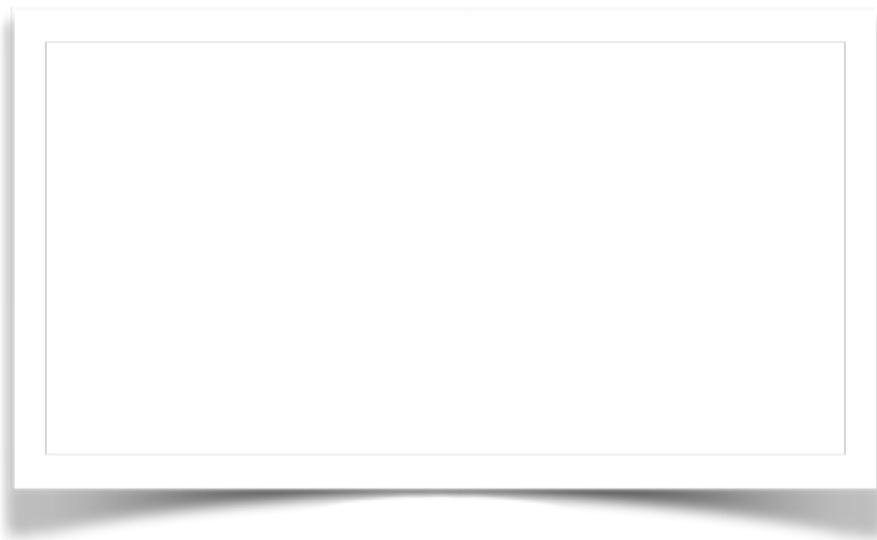
3 SIMPLE STEPS TO VITALITY

Introduction:

Here's our theme: **Know better. Do better.**

Notes from the Intro talk:

What would it feel like to KNOW you are doing what you can to keep your family healthy right now? You were doing what you can to do what you can to ward off long-term disease? For longevity?

A large, empty rectangular box with a thin black border, intended for notes. The box is centered on the page and has a subtle drop shadow effect.

Step One:

STOP POISONING YOURSELF: PART I

Notes on toxins...did you learn anything new?

What are the MOST important change outs to make - in order:

- 1.
- 2.
- 3.
- 4.

Results of your assignment:

- 1.
- 2.
- 3.

Step One:

STOP POISONING YOURSELF: PART II

What order do you want to go in for removing toxins from your home - the 6 "next steps":

1.

2.

3.

4.

5.

6.

What do you feel drawn to do first?

Step Two:

FLOOD YOUR BODY WITH NUTRITION: PART I

Two things you need to know:

- 1.
- 2.

4 places to begin:

- 1.
- 2.
- 3.
- 4.

FLOOD YOUR BODY WITH NUTRITION: PART II

Next Steps

- 1.
- 2.
- 3.
- 4.
- 5.

Step Three:

LEARN TO HANDLE YOUR STRESS: PART I

Notes on stress...did you learn anything new?

3 Myths about Stress Management:

- 1.
- 2.
- 3.

3 Truths about Relaxation Management:

- 1.
- 2.
- 3.

Stress management tools that are intriguing for me...

- 1.
- 2.
- 3.
- 4.
- 5.

My Plan:

Notes on how to make changes in your life successfully:

WHERE I WILL BEGIN

Here are the first 3 changes I will make:

Change #1:

Change #2:

Change #3:

Here are the next 3 changes I will make:

Change #1:

Change #2:

Change #3:

Join us!

HAVE YOUR OWN WHOLESALE ACCOUNT WITH YOUNG LIVING YET?

Want to join our Young Living community? TinyUrl.com/YLMuseLaura
(Contact us directly if you have questions! We will personally help you!)

Join our team and you receive:

- Continued support, including a personal mentor to help you grow your business.
- Online training with live, online trainings and continuing education.
- Membership to an active Facebook community.
- Online educational resources with live virtual events, ebooks and more.
- Fun wellness challenges with giveaways.
- and more!

Seriously, what business does this? And we do it with joy because we love to share oils and support you getting the most out of your investment!