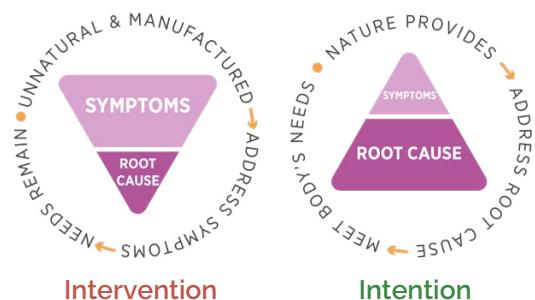


dōTERRA® 90-Day Reset

Establish a Foundation of Wellness

1. Have a Wellness Mindset

- Two approaches to health:
 - Firefighting Mentality:** Chase symptoms and put out "fires".
 - Wellness Mindset:** Meet the root needs of the body consistently.
- Health and wellness are attained and sustained when we:
 - Get enough of the right things.
 - Avoid too much of the wrong things.



2. Meet Your Body's Root Needs

ACTIVATE

BUILD

CLEANSE

TARGETED SOLUTIONS

Keep Gut Moving

(A)

Fuel the Body

(B)

Move Waste Out

(C)

Address Priorities

3. Establish a Foundation of Wellness with the 90-Day Reset

Month 1

Prepare

Energize organ and cell performance.

Month 2

Cleanse

Stimulate detoxification and elimination.

Month 3

Renew

Replenish cells, organs, tissues, and systems.

Get Started with Month 1

Prepare Bundle



Personalize Your Plan with Targeted Support

Wellness Consult



Create your plan.
Learn to maximize your membership.

Date: ____/____/____

Time: ____:____ am/pm

Who Needs This?

Share Foundational Wellness and earn rewards!

dōTERRA® 90-Day Reset

Establish a Foundation of Wellness

Prepare - Month 1

*Energize organ and cell performance.**

ACTIVATE	BUILD	CLEANSE	TARGETED SOLUTIONS Take <i>Lifestyle Assessment</i>
30 days 	 A  B  C 		

Prepare Bundle

90-Day Reset, Month 1 - 602332646

Cleanse - Month 2

*Stimulate detoxification and elimination.**

ACTIVATE	BUILD	CLEANSE	TARGETED SOLUTIONS Take <i>Lifestyle Assessment</i>
<p>30 days</p>  <p>A</p>	 <p>B</p>	 <p>C</p>	

Cleanse Bundle

90-Day Reset, Month 2 - 602332700

Renew – Month 3

*Replenish cells, organs, tissues, and systems.**

ACTIVATE	BUILD	CLEANSE	TARGETED SOLUTIONS Take <i>Lifestyle Assessment</i>
30 days			

Renew Bundle

go-Day Reset, Month 3 - 602332756



Gain greater insight into your personal health needs and priorities by filling out the **Lifestyle Assessment** prior to each phase of your 90-Day Reset.

