

Think **INSIDE** the Box

21 Days with Your Young Living Premium Starter Kit

- ☐ **Day 1** OPEN the box! Take out the beautiful **Product Guide**. Grab a cup of tea & look through it! Start making a wish list of the products you want to place on your first Essential Rewards order.
- ☐ **Day 2** Open the case: From Our Fields to Your Family. Put the **NingXia Red** packets in the fridge. Look through all of the literature and learn about our amazing company!
- ☐ **Day 3** Open the diffuser box, read the instructions, and diffuse 1-3 drops of **Lavender EO** for a relaxing, uplifting, spa-like atmosphere! Try it at night, too, for a wonderful night's rest.
- ☐ **Day 4** Discover **Citrus Fresh Vitality**! Add a drop in recipes such as fruit salads, salad dressings, and marinades to enhance their flavor.
- ☐ **Day 5** Experience **Peppermint Vitality EO**! Put a drop in your water, hot chocolate, tea, or coffee. Try it in your favorite brownie recipe too! You'll be blown away by its refreshing aroma and flavor!
- ☐ **Day 6** Grab your **Stress Away EO**. We call this a "vacation in a bottle." Keep this with you at all times. Do not let it out of your sight! Roll on wrists or collarbones for a "take me away" experience!
- ☐ **Day 7** What does **Frankincense EO** smell like? Frankincense has an earthy, uplifting aroma that's perfect for grounding and spiritual connectedness. Do you agree? Put a drop in your hands and inhale.
- ☐ **Day 8** Want to know why Young Living oilers put **Lemon Vitality EO** in their water all the time? Try it! Put one drop in a glass (glass only, not plastic) of water and drink to enjoy improved mental clarity and energy.*
- ☐ **Day 9** Pull out your **reference materials** and LEARN! Hungry for more? Ask your sponsor to point you to additional resources. Ask about upcoming classes and plan to attend one. They're super helpful and tons of fun!
- ☐ **Day 10** Make some soothing bath salts! Mix up a cup of Epsom salt with a few drops of **Peace & Calming EO**, put into a pretty jar, and enjoy. Make extras to give as a gift!
- ☐ **Day 11** Has it been a long day? Mix a drop or two of **Valor EO** with some virgin coconut oil or olive oil and massage away your tension. This essential oil is a valuable gift.
- ☐ **Day 12** Take one of your **NingXia Red** packets out of the fridge and drink it! Go to www.ningxiared.com and discover the benefits.
- ☐ **Day 13** Shoulders feeling tight? Apply a drop or two of **PanAway EO**, massage gently, and see how it feels. Dilute with a carrier oil, if needed. Be sure to use lotion on your hands and wash thoroughly so you do not accidentally touch a sensitive area, such as your eyes, with the PanAway blend.
- ☐ **Day 14** Regret eating too much at dinner tonight? Try putting one drop of **DiGize Vitality EO** under your tongue. This invigorating blend is a lifesaver.
- ☐ **Day 15** Combine 30 ounces of distilled water and your 1 ounce **Thieves Household Cleaner** sample into an empty 32 ounce spray bottle. Gently move bottle back and forth to combine. Enjoy the fresh scent while cleaning.
- ☐ **Day 16** Breathing is a natural part of life. **Raven EO** can be such a blessing! Try it! Put a drop in your palm, rub your palms together, cup over your nose and mouth, and inhale deeply. Ahhh, did you experience the difference?

Think INSIDE the Box

21 Days with Your Young Living Premium Starter Kit

- ☐ **Day 17** Feeling a bit run down after a long day? Put a drop of **Thieves Vitality EO**, a splash of real lemon juice, and a drizzle of raw honey in a mug of warm water and sip slowly. Get some rest and feel renewed in the morning!
- ☐ **Day 18** Take time to LEARN! Go to www.seedtoseal.com and see what sets Young Living apart. Watch the YL University videos in your Virtual Office. Discover the many incredible tools under the Member Resources tab.
- ☐ **Day 19** **Thieves Waterless Hand Purifier** is a quick, convenient, purse-or-pocket-friendly fix for clean hands anywhere—from the classroom, to the airport, to the grocery store, and anywhere in between.
- ☐ **Day 20** Loving your oils? Open the empty **sample bottles package and reference cards**. Share with friends or family who could benefit from trying a few drops of your oils. Share greater wellness with Young Living!
- ☐ **Day 21** Have your Young Living sponsor or leader help you set up your first **Essential Rewards** order. Don't forget to check out the new **YL Go! and YL Go!+ programs**. Order the three oils you've used the most, or something from your wish list below. Receive your choice of Wellness, Purpose, and Abundance every month.
- ☐ **Bonus** Take the "**Three Cabinet Challenge**." Go to any three cabinets in your home and pull out a product you use often. Look up the product at www.ewg.org. If it scores lower than an "A," toss it and replace it with a harsh-chemical free substitute, such as Young Living's Thieves laundry soap, dish soap, or toothpaste.

DON'T STOP THERE!

Twenty-one days is just the beginning! We know you'll love the Young Living lifestyle as much as we do. Some of the tools we have found helpful are the essential oil reference books. You can find some excellent options at www.discoverlsp.com. They also have accessories; such as storage bags, glass bottles, and jars. You can also find free marketing material to help you share Young Living at theoilposse.com

We've simply shared a few of the many ways to use essential oils. Through essential oil reference books, you will discover many more! This is your wellness journey. Own it and enjoy it!

YOUNG LIVING WISH LIST

- | | |
|-----------------------|------------------------|
| 1. _____ Item # _____ | 9. _____ Item # _____ |
| 2. _____ Item # _____ | 10. _____ Item # _____ |
| 3. _____ Item # _____ | 11. _____ Item # _____ |
| 4. _____ Item # _____ | 12. _____ Item # _____ |
| 5. _____ Item # _____ | 13. _____ Item # _____ |
| 6. _____ Item # _____ | 14. _____ Item # _____ |
| 7. _____ Item # _____ | 15. _____ Item # _____ |
| 8. _____ Item # _____ | 16. _____ Item # _____ |

Suggestions: Ningxia Red, Thieves Household Cleaner, The ART Skin Care System, The Golden Touch 1 EO Collection, Thieves Toothpaste, NingXia Nitro, Deep Relief Roll-On, Essentialzyme, Joy EO Blend, and many more!

Young Living Essential Oils | Independent Member | Updated 2019 The Oil Posse