

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. Place the sample sachets in your purse or briefcase. 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 Copaiba Vitality! This powerful essential oil from South America has been used to aid digestion and support the body's natural response to irritation and injury. Try it and learn about its various uses in your reference materials.
- Day 5** Experience Peppermint Vitality! Put a drop in your water, hot chocolate, tea, or coffee. Try it in brownies, too! You'll be blown away by its refreshing aroma and flavor!
- Day 6** Grab your Stress Away. 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 smell like? If it was given to Jesus, why do we use it now? Put a drop in your hands, inhale, or apply it to your skin. Enjoy it. Take some time to discover its benefits.
- Day 8** Want to know why Young Living oilers drink Lemon Vitality EO in their water all the time? Try it! Put one drop in a glass of water (only glass!) 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 Lavender, RC, or Stress Away, put into a pretty jar, and enjoy or give as a gift!
- Day 11** Has it been a long day? Mix a drop or two of Frankincense 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 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, massage gently, and see how it feels. Dilute with a carrier oil, if needed.
- Day 14** Regret eating too much at dinner tonight? Try putting one drop of DiGize Vitality under your tongue. This invigorating blend is a lifesaver.
- Day 15** Instead of your usual air fresheners, try diffusing Purification today! It doesn't just cover up odors; it eliminates them!
- Day 16** Breathing is a natural part of life. RC can be such a blessing! Try it! Put a drop in your palm, rub your palms together, cup under your nose and mouth, and inhale deeply. Ahhh, see 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, 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** Try something new and fresh in your diffuser. Make up your own blend! Filling your home with pure Young Living aromatics will be such a blessing for years to come.
- Day 20** Loving your oils? Open the sample bottles 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. Order the three oils you've used the most, or something from your wishlist. Enjoy this new world of Wellness, Purpose, and Abundance!
- Bonus!** Take the "Three Cabinet Challenge." Go to any three cabinets in your home and pull out a product you use often. Look it up at www.ewg.org/consumer-guides. If it scores lower than an "A," toss it and replace it with a non-toxic substitute from Young Living or a safe DIY version made with your essential oils. Ask your sponsor for help transitioning your home to toxin-free!

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. One of the tools we have found helpful is an essential oils reference book. You can find some excellent options at www.discoverlsp.com. They also have accessories such as storage bags and glass bottles and jars.

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

YOUNG LIVING WISHLIST

- | | |
|-----------------------|------------------------|
| 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!