dōTERRA®

Personal Wellness Realized



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It's that time of year again: the week between Christmas and New Year's Day, when we all are asked too many times, "What's your New Year's resolution?" Anyone else dread being asked that question? I know I do.

The New Year's resolution question can be frustrating, conjuring guilt that you haven't come up with a life-changing goal to drastically improve your future. But change doesn't have to be all or nothing. You can set yourself up for a great year with something that fits you better.

Let's talk about why New Year's resolutions fail and what you can do instead.

New Year's Resolutions Don't Work!

Presenter notes: *Read the slide first.*

About 80% of people fail to follow through on their New Year's resolutions by February.

Why don't New Year's Resolutions work?

1. You don't reach the summit of Mount Everest in a day. It's a journey of small steps.
2. Resolutions become a source of stress—just more things you need to do.
3. Fear of failure causes you to keep your resolutions a secret, which means you don't have a support system.

What Does Work?

An annual mantra (or theme) that guides your decisions throughout the year. So what does work? Annual mantras!

A yearly mantra is a guiding principle or theme for your work or personal life rather than a specific resolution or goal.

The broadness of a mantra removes the possibility of "failing"—unlike a typical New Year's resolution. You're not aiming for a specific goal. You're moving in a direction. You can apply an annual theme to multiple areas and feel like you're moving toward the life you want.

Power to Be in 2023

Your mantra should serve as a North Star for all your efforts. It should be broad enough to apply to every endeavor—to keep in mind as you make day-to-day decisions. Don't limit it to a single area of improvement.

Your mantra should also inspire small, beneficial choices you'd otherwise not think about and help you evaluate alternatives.

I'm using this format to choose my annual theme and invite you to join me.





Everyone should have one of these handouts. When thinking of and choosing your mantra, plug it into the "Power to be _____ in 2023" phrasing on your handout.

You can pick a word from the provided list or think up one of your own. After you choose your word, write it on the handout, and—if you feel comfortable—we can share them.

Pause here and let attendees complete their worksheets.

Presenter notes: *You can provide these printed to hand out in class, email them beforehand, or link to them in your virtual chat box.*

You could also host a giveaway. Have attendees post a picture of themselves with their "Power to Be _____ in 2023" paper. They should use the hashtags #metapwr and #personalwellnessrealized and tag you. Choose as many people as you feel comfortable and send them a prize. Offer anyone who comments on the posts with interest a recording of this class or an invitation to a future class.

Presenter notes: *Play the video while you wait for people to settle after choosing their mantra word.*

Make Your Mantra Your Reality

30-Day Challenge:

- Feel the power of an entire community walking with you and cheering you on as you live your "Power to Be ____ in 2023" mantra.
- Receive step-by-step guidance.
- Access on your computer or by app.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

This 30-day challenge launches January 1 and focuses on the foundational health principles that impact energy, focus, weight, sleep quality, and even mood! It was created by medical and wellness experts to help you live a well-rounded lifestyle.

You'll receive daily education and challenges to put what you learn into action. Don't worry, it should only take at most 15 minutes each day.



Step 1: MetaPWR™ Metabolic System Kit

You only need two things to be successful during the 30-day challenge: the MetaPWR™ system and the dōTERRA Lifelong Vitality Pack® (LLV). These natural products—combined with healthy lifestyle choices—are the powerful keys for unlocking your personal wellness.*

MetaPWR is a product system designed to help optimize your metabolic health, which is how well your body digests and absorbs food nutrients.*

You don't just want to live a long life—you want to live a long, healthy life. The MetaPWR system supports your metabolic function, effectively powering your body and closing the gap between lifespan and health-span.*

Nutrition and metabolism have a synergistic effect on your overall health. While nutrition is the process of nutrient-acquisition from your environment, metabolism is the chemical process your body uses to transform food into fuel. Studies have found persistent disturbance of nutrient metabolism or energy homeostasis—caused by either nutrient deficiency or excess—induces cellular stress, leading to metabolic dysregulation.

Nutrition and metabolic support go hand in hand.

Even the best diets are nutrient-deficient. LLV was created to fill the gaps.* The MetaPWR system can calibrate your health from the baseline of the dōTERRA Wellness Lifestyle Pyramid. The system includes products to help optimize nutrition and metabolism, including ones that work with lifestyle changes to help curb cravings and shed excess weight.*

MetaPWR and LLV are the perfect health and vitality pairing. They're the tools you'll need to live your mantra in 2023.

You can order these products through your wholesale account. If you don't have one, reach out to whoever invited you to this webinar so he or she can help you get these products as affordably as possible. I look forward to seeing all your theme pictures!

Presenter notes: *You can also say, "If you'd like, you can also add on LLV to your order. If you'd like to know more about LLV, let me know when I come around to answer individual questions."*



For those of you who already have a dōTERRA® membership, you can save even more by adding the MetaPWR™ system and LLV to your loyalty order using the "cart within a cart" option.

Step 2: Get Registered

Just go to this link to register as part of our community for the upcoming challenge, which includes 30 days of free support, education, and tips to start your year more confident and capable of living your mantra.

Step 3: Get Connected

Presenter notes: *Provide directions on how to download the Teachable app and access the course.*

Connect with dōTERRA on Instagram or Facebook so you never miss a thing. We even have an amazing podcast: Essential Oil Solutions with dōTERRA™.

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