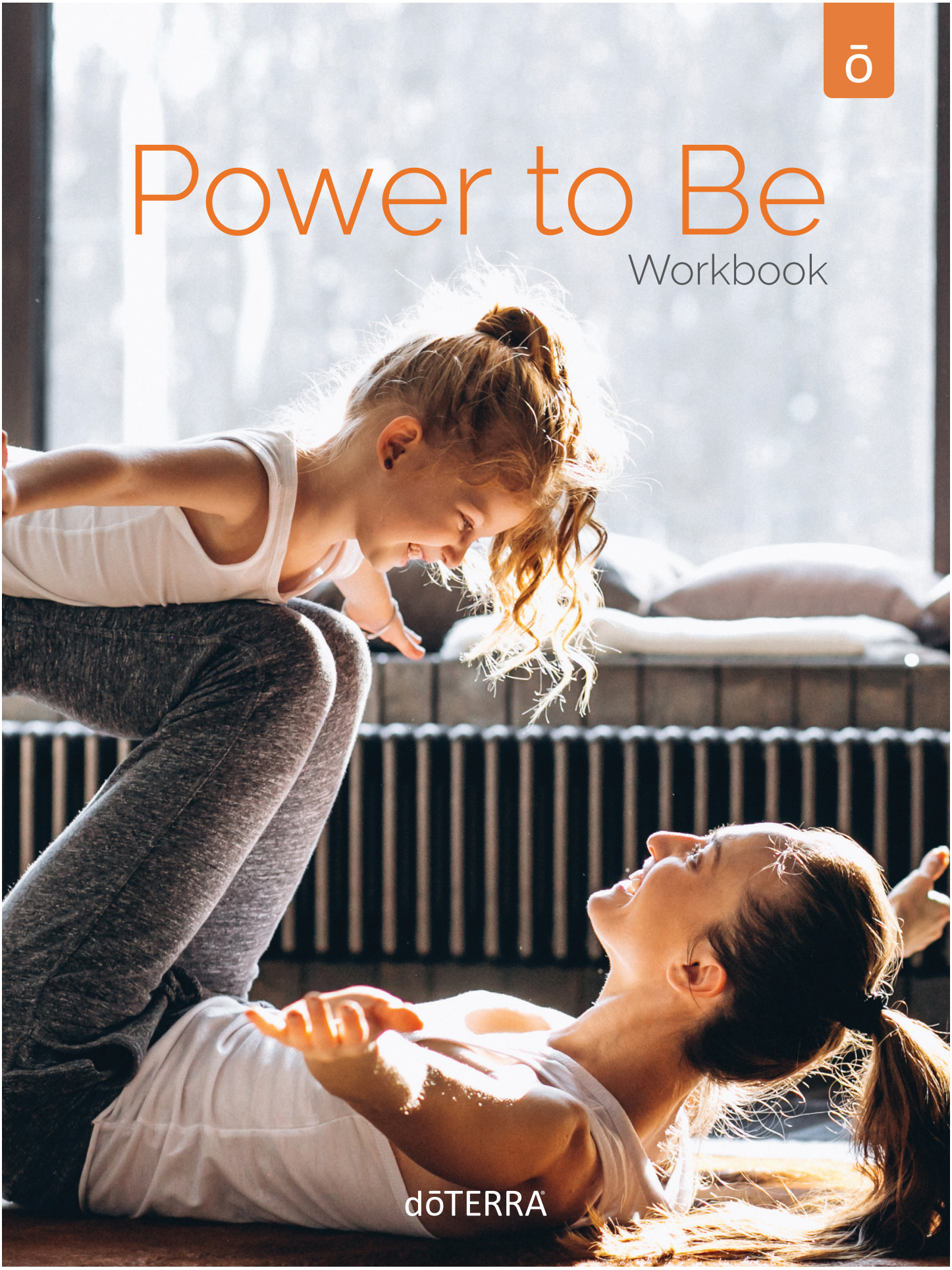
Power to Be
Workbook
dōTERRA®

New Year's resolutions don't work!

In fact, they often set you up for failure, leaving you feeling worse than when you started. Resolutions are limiting, but a theme is all-encompassing.

Choosing an annual theme gives you a direction to pursue—a future version of yourself to work toward. When you make decisions based on what you want your future to look like, it's far easier to create habits that support the life you want.



What do you want to be in 2023?

As you choose your annual theme, consider the direction you want to move in. Think about your future self and what your life looks like now. Choose a word from this list or come up with your own and prepare for transformation.

I want the power to be _____ in 2023.

- Abundant
- Active
- Adaptable
- Adventurous
- Aligned
- Ambitious
- Anchored
- Appreciative
- Attentive
- Awake
- Aware
- Balanced
- Better
- Blissful
- Bold
- Boss
- Brave
- Calm
- Capable
- Centered
- Challenged
- Clear
- Comfortable
- Committed
- Compassionate
- Complete
- Confident
- Connected
- Conscious
- Consistent
- Contributing
- Courageous
- Creative
- Cultivating
- Decluttered
- Dedicated
- Deliberate
- Delighted
- Desirable
- Determined
- Devoted
- Diligent
- Disciplined
- Discovered
- Driven
- Educated
- Elevated
- Energetic
- Enlightened
- Enough
- Enthusiastic
- Excited
- Expanding
- Exploring
- Exquisite
- Extraordinary
- Faithful
- Fast
- Fearless
- Feminine
- Flourishing
- Flowing
- Focused
- Forgiving
- Free
- Friendly
- Fulfilled
- Fun
- Generous
- Gentle
- Giving
- Glorious
- Glowing
- Graceful
- Gracious
- Grateful
- Grounded
- Growing
- Happy
- Harmonized
- Healthy
- Helpful
- Honest
- Hopeful
- Hustling
- Imaginative
- Immersed
- Improving
- Inspired
- Intimate
- Intuitive
- Joyful
- Kind
- Knowledgeable
- Leading
- Learning
- Loving
- Luminous
- Magic
- Magnificent
- Manifesting
- Meditative
- Mindful
- More
- Moving
- New
- Nourishing
- Nurturing

- Observing
- Open
- Organized
- Overcoming
- Passionate
- Patient
- Peaceful
- Persevering
- Persistent
- Playful
- Positive
- Powerful
- Prayerful
- Present
- Prosperous
- Purposeful
- Quick
- Quiet
- Radiant
- Reassured
- Receiving
- Reconnecting
- Reflective
- Relaxed
- Releasing
- Renewed
- Resolved
- Respectful
- Restful
- Revolutionary
- Revived
- Rising
- Romanced
- Satisfied
- Seen
- Self-caring
- Self-loving
- Serene
- Sharing
- Shifting
- Shining
- Simplifying
- Soulful
- Spiritual
- Still
- Striving
- Strong
- Successful
- Supportive
- Surrendering
- Thoughtful
- Thriving
- Transformative
- Traveling
- Trusting
- Truthful
- Unafraid
- Unconditional
- Understanding
- Unique
- Unlimited
- Unstoppable
- Vibrant
- Vigilant
- Visible
- Vivacious
- Vulnerable
- Warm
- Wealthy
- Well
- Wild
- Youthful
- Zealous
- Zestful




Power to be
in 2023.

30-Day Challenge

You only need two things to be successful for this 30-day challenge: the MetaPWR™ Metabolic System and the dōTERRA Lifelong Vitality Pack® (LLV).

If you're brand new, reach out to the person who shared dōTERRA with you or get started here:

If you're a Wholesale Customer, you can save even more by adding the MetaPWR system and LLV to your loyalty order using the "cart within a cart" option.







30-Day Challenge

Timeline



Week 1

Health begins with putting nutritious foods—the right fuel—in your body.

Week 2

This week, you'll focus on rest and digestion, which are just as essential as nutrition. Got to digest those nutrients you're taking in!

Week 3

Whether you're just starting out, exercising regularly, or getting back to it after a break, you'll think about movement like you did eating—from a long-term lifestyle perspective.

Week 4

Your metabolism is a complex system that you'll learn how to support this week.

Why stop now?

Commit to another 30 days and join us for new ways to habit stack and live a more powerful life.

Quickstart Guide to Your dōTERRA® MetaPWR™ Kit



Inhibit Fat Cell Growth

MetaPWR Metabolic Blend

Available as an essential oil blend, beadlet, gum, and softgel

- May inhibit adipose fat cell maturation.*
- Helps curb cravings.*
- May support metabolic health.*
- Supports lifestyle changes that help manage weight.



Smooth the Spikes

MetaPWR Assist

- Decreases post meal glucose spikes.*
- Supports healthy blood sugar responses already in normal range.*
- Stabilizes energy levels throughout the day.*



Look Better, Feel Better

MetaPWR Advantage

- Promotes healthy biological aging.*
- Improves cognitive function.*
- Supports lean muscle and connective tissues.*
- Improves skin elasticity and firmness.*

Why Choose MetaPWR Advantage?

- It contains nine different types of collagen that each support different biological systems—from bone and cartilage strength to skin elasticity.*
- The collagen tripeptides in it are 12 times more bioavailable than most conventional collagen supplements on the market.
- It's formulated with naturally derived nicotinamide mononucleotide, or NMN, to help naturally increase NAD+ and NADH levels in the body.*

Quickstart Guide to dōTERRA LIFELONG VITALITY PACK®

Primary Benefits

- General wellness and vitality
- Cardiovascular health
- Antioxidant and DNA protection
- Healthy hair, skin, and nails
- Energy metabolism
- Bone health
- Eye, brain, nervous system
- Liver function and digestive health
- Immune function
- Lung and respiratory health
- Stress management
- Gentle on stomach

How to Use

Take four capsules of each xEO Mega, Microplex VMz, and Alpha CRT+ per day with food



Powerful, real food ingredients. **Optimized** nutrient levels. **Unbeatable** value.

*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

30-Day Tracker

Track your progress with the MetaPWR™ System every day to ensure you're creating a routine that'll support a healthy, vibrant lifestyle!

Don't forget to include other healthy habits, like sleeping for six to eight hours, drinking plenty of water, eating whole foods, exercising daily, and anything else you want to incorporate into your lifestyle.

Routine	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
MetaPWR Metabolic Blend	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
MetaPWR Metabolic Assist	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
MetaPWR Advantage	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
MetaPWR Beadlets	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
MetaPWR Metabolic Blend Softgels	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
MetaPWR Satiety Gum	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
30 Minutes of Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
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