



Unboxing

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 Home. Put the NingXia Red packets in the fridge. Place the sample sachets in your purse or briefcase. Look through all of the literature & 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 Valor! This powerful essential oil was one of our founder's favorites! Use it topically on your wrists to greet your morning with a positive attitude or to provide you courage to face a challenging situation.
- DAY 5:** Experience Peppermint Vitality! Put a drop in your water, hot chocolate, tea or coffee. 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!
- 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 of the time? Try it! Put drop in a glass of water (only glass or stainless steel!!) and drink to enjoy improved mental clarity and energy.



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- DAY 9:** Pull out your reference materials and LEARN!
- DAY 10:** Make some soothing bath salts! Mix up a cup of Epsom salt with a few drops of Lavender or Peace and Calming, put into a pretty jar, 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 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:** Feeling like your muscles and joints could use a lift? Put a drop or two of PanAway on it and see how it feels. Dilute, 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 Citrus Fresh today! It doesn't just cover up odors; it eliminates them!
- DAY 16:** breathing is a natural part of life. Raven can be such a blessing to support respiration. Try it! Ahhhh, see the difference?
- DAY 17:** Feeling a bit run down after a long day? Put a drop of Thieves, a pinch of real salt, and a bit of honey in some warm water. Sit back, enjoy, get some rest, and feel renewed in the morning!
- DAY 18:** Take time to LEARN! Go to <http://seedtoseal.com> & 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.



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- DAY 20:** Loving your oils? Open the sample bottles and add a few drops of your favorite to 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 3 oils you've used the most or something from your wish list. Enjoy this new world of wellness, purpose and abundance!

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 <http://discoverlsp.com>. This is **your** wellness journey. Own it and enjoy it!

Young Living Wish List

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|-----------------------|------------------------|
| 1. _____ Item # _____ | 6. _____ Item # _____ |
| 2. _____ Item # _____ | 7. _____ Item # _____ |
| 3. _____ Item # _____ | 8. _____ Item # _____ |
| 4. _____ Item # _____ | 9. _____ Item # _____ |
| 5. _____ Item # _____ | 10. _____ Item # _____ |

