28 to Elevate NEXT LEVEL SUGGESTIONS

While Young Living products are not required to find success with the 28 to Elevate program, we highly recommend the Essential Oils Starter Bundle and some of these other fantastic products to accompany your journey. Choose what speaks to you from this list.

Five Day Cleanse Suggestions Flow	Young Living Starter Bundle
<ul> <li>Lemon Vitality</li> <li>Peppermint Vitality</li> <li>Rosemary Vitality</li> <li>Lavender</li> <li>Lavender</li> <li>NingXia Red</li> <li>MultiGreens</li> <li>Detoxzyme</li> <li>30 capsules</li> <li>30 capsules</li> <li>*amounts are for 5 days of use</li> </ul> NingXia Red, MultiGreens, and Detoxzyme are gentle products GREAT for everyday consumption. Grab a bottle and enjoy these after the cleanse, or share with a friend who is joining you for this program.	<ul> <li>Lemon Vitality*</li> <li>Lavender*</li> <li>Peppermint Vitality*</li> <li>Frankincense</li> <li>Valor</li> <li>Peace &amp; Calming</li> <li>Citrus Fresh</li> <li>Raven</li> <li>DiGize Vitality</li> <li>Thieves Vitality</li> <li>PanAway</li> </ul>
SUGGESTED BONUS	Stress Away
OILS + PRODUCTS	* • • • • • • • • • • • • • • • • • • •

## For emotional Support

Below are a few suggested emotional support oils to use as options throughout the program, along with the number of the lesson(s) in which they are suggested and the general way in which they are suggested to be used for each.

\* Feel free to pick a few (2-3) of your favorites or try a new one that speaks to you!

## Great for Daily Practices & Sournaling

<b>Highest Potential</b> Use while setting goals, exploring personal development tools, and journaling. (4 lessons)
Valor - Can help you find confidence to create balance in your life, confidence to let go, and
support management of occasional stress. (4 lessons)
<b>Release</b> - Facilitates the ability to let go of anger and frustration. It also promotes harmony and
balance when diffused. (3 lessons)
Gratitude - Invites a feeling of emotional and spiritual progress (1 lesson)

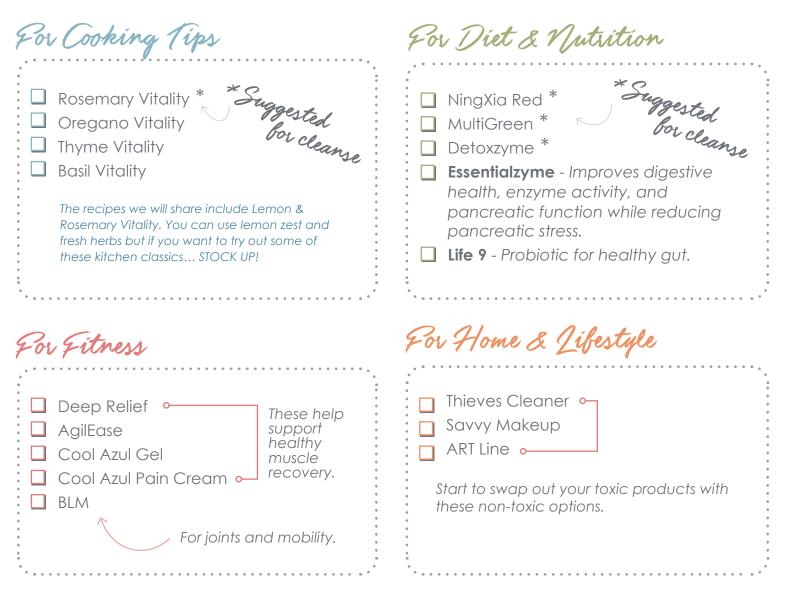
Gratitude - Invites a teeling of emotional and spiritual progress. (1 lesson)

Humility - Promotes deeper spiritual awareness. (1 lesson)

## SUGGESTED BONUS OILS + PRODUCTS cont'd

## Great For Occasional Stress & Productivity

Motivation - Promotes feelings of action and accomplishment when diffused. (2 lessons)
Peace & Calming - Supports management of occasional stress. (1 lesson)
Vetiver - Supports management of occasional stress. (1 lesson)
Bergamot - Supports management of occasional stress. (1 lesson)
Feelings Kit - Inspires feelings of emotional well-being (Harmony, Forgiveness, Inner Child, Present Time, Release, Valor II). (1 lesson)



We cannot wait for you to experience 28 to Elevate!

Share your journey with us:

Instagram: @groworkspace #28toElevate | Facebook: www.facebook.com/groworkspace

