

WHAT IS *Well-Being?*

WELL-BEING IS THE STATE OF AWESOMENESS YOU EXPERIENCE WHEN YOUR LIFE IS BALANCED AND **GROWING** IN KEY AREAS OF HEALTH AND WELLNESS.

THE WORD "GROWING" IS IN BOLD LETTERS BECAUSE IT IS HARD TO BALANCE **ALL** AREAS OF LIFE AT THE **SAME** TIME. SO IT IS IMPORTANT TO FOCUS ON ONE AREA TO CREATE A HEALTHY HABIT.

ESTABLISHING HEALTHY HABITS ARE LIKE TRYING ON A NEW PAIR OF SHOES. IT'S UNCOMFORTABLE AT FIRST, BUT THE MORE YOU WEAR THEM, THE BETTER THEY FEEL. SOMETIMES THEY'LL EVEN FORM TO YOUR FOOT AND BECOME YOUR GO-TO ACCESSORY. BUT EACH PAIR OF SHOES TAKE DIFFERENT AMOUNTS OF TIME TO BREAK-IN, JUST LIKE HEALTHY HABITS. THE MORE PATIENT YOU ARE WITH YOURSELF, THE BETTER YOUR HEALTHY HABIT WILL FEEL IN YOUR BODY.

DURING OUR ROADTRIP TOGETHER, WE WILL EXPLORE AND FOCUS ON 7 KEY AREAS OF WELL-BEING:

- FAITH (SPIRITUAL)
- FAMILY (EMOTIONAL)
- FIELD (OCCUPATIONAL)
- FINANCE (FINANCIAL)
- FITNESS (PHYSICAL)
- FRIENDS (SOCIAL)
- FUN (ENVIRONMENTAL)

LET'S TAKE A LOOK AT EACH AREA IN MORE DETAIL.





Faith

DEFINED AS A COMPLETE TRUST OR CONFIDENCE IN SOMEONE OR SOMETHING. ESSENTIAL OILS CAN HELP YOU FEEL GRATEFUL, HUMBLE, AND FULLY SECURE IN YOUR PLACE IN THIS WORLD BY BOOSTING CONFIDENCE, ENHANCE SPIRITUAL INFLUENCES, PROMOTING DEEPER MEDITATION AND A GREATER SENSE OF SPIRITUAL AWARENESS AND CONNECTEDNESS.

FAITH AFFIRMATION: *I AM GRATEFUL, HUMBLE, AND FULLY CONNECTED.*



Family

BUILD RELATIONSHIPS BY KNOWING YOURSELF THROUGH GROWTH AND SELF-DISCOVERY. HARMONIZE ENERGY BETWEEN YOUR PEOPLE BY FOSTERING COMMUNICATION, GROWTH AND UNCONDITIONAL LOVE. ESSENTIAL OILS CAN HELP SUPPORT FEELINGS OF PATIENCE AND RESPECT AS WELL AS UPLIFT THE BODY AND CALM THE MIND IN STRESSFUL SITUATIONS.

FAMILY AFFIRMATION: *I AM UNCONDITIONALLY LOVING, PATIENT, AND RESPECTFUL.*



Field

EVERYONE REACHES A POINT IN THEIR LIFE WHERE THEY ARE TRYING TO FIGURE OUT WHERE TO GO, WHAT TO DO, AND WHAT THEIR PURPOSE IS? IT CAN BE SO CONFUSING. KNOWING WHAT YOUR NEXT MOVE IS, OR HOW YOU SHOULD HANDLE A HUGE SITUATION IN YOUR LIFE CAN BRING HARMONY AND PEACE TO THIS AREA.

ESSENTIAL OILS CAN ENCOURAGE FEELINGS OF STRENGTH AND VISION SO YOU CAN PURSUE YOUR DREAMS, YOUR PASSION AND PURPOSE. THEY CAN ENHANCE FEELINGS OF SELF-WORTH AND SUPPORT YOUR GROWTH BY HELPING YOU DISCOVER MORE OF YOUR GIFTS TO SHARE WITH THE WORLD AND MAY HELP YOU REACH YOUR TRUE, UNLIMITED POTENTIAL.

FIELD AFFIRMATION: *I AM PURSUING MY PASSION AND PURPOSE IN LIFE.*





Finance

DEBT IS A MAJOR STRESSOR. MANAGING AND BALANCING YOUR FINANCES CAN CREATE A BEAUTIFUL STATE OF WELL-BEING. ENCOURAGING, POSITIVE EMOTIONS ALONG WITH INCREASED FEELINGS OF ABUNDANCE WILL HELP BRING HARMONIC BALANCE TO THIS AREA IN YOUR LIFE. ESSENTIAL OILS ARE UPLIFTING AND INSPIRING AND CAN BRING CLARITY AND ALERTNESS TO YOUR PURPOSE AS YOU BUILD CONFIDENCE IN YOUR ABILITY TO ATTRACT WEALTH AND ABUNDANCE.

FINANCE AFFIRMATION: *I AM FINANCIALLY FREE AND LIVING ABUNDANTLY.*



Fitness

TREAT YOUR EXERCISE LIKE THE OPPORTUNITY OF A LIFETIME. YOU'VE GOT A MIRACULOUS BODY— GET EXCITED TO MOVE IT! ESSENTIAL OILS CAN UPLIFT, ENERGIZE, AND GIVE YOU THE INSPIRATION TO SET AND ACHIEVE YOUR FITNESS GOALS. TAKING ACTION TO REACH SMALL MILESTONES IN YOUR EXERCISE ROUTINE WILL ENCOURAGE YOU TO REACH EVEN HIGHER.

FITNESS AFFIRMATION: *I AM FIT, HEALTHY, DISCIPLINED, AND STRONG.*



Friends

WE WERE DESIGNED TO BE IN COMMUNITY WITH ONE ANOTHER. BUILD HEALTHY RELATIONSHIPS WITH FRIENDS, FAMILY AND COWORKERS BY LEARNING HOW TO SUPPORT YOURSELVES AND HONORING YOUR OWN NEEDS. ESSENTIAL OILS ENCOURAGE FEELINGS OF SELF-EMPOWERMENT, CONFIDENCE, AND HEALTHY SELF-ESTEEM.

FRIENDS AFFIRMATION: *I AM BLESSED WITH EMPOWERING, HEALTHY RELATIONSHIPS.*



Fun

CREATING BALANCE BETWEEN WORK AND PLAY WILL INSPIRE YOU TO FIND YOUR VERSION OF PASSION AND FUN. ESSENTIAL OILS MAY HELP US FIND WHAT WE ARE PASSIONATE ABOUT IN TERMS OF FUN AND PLAY. THEY ARE UPLIFTING, REVITALIZING, AND PROMOTE FEELINGS OF EUPHORIA AND CAN PROMOTE A MORE POSITIVE OUTLOOK AND ATTITUDE THAT IS ENHANCED THROUGH PLAY AND CREATING THE JOYS OF LIFE.

FUN AFFIRMATION: *I AM PURSUING THE JOYS OF LIFE.*

