

# DAILY CHECKLIST

## WEEK ONE

T W T F S S M

### MORNING

☐☐☐☐☐☐☐☐

Dab Valor behind your ears and on your wrist

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Diffuse 8 drops lemon and 2 drops peppermint

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Add 1 drop Thieves to your toothbrush

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Add 1-2 drops Frankincense to your face moisturizer

### AFTERNOON

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Dab Valor behind your ears and on your wrists

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Diffuse 8 drops Citrus Fresh & 2 drops Lavender

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Apply 2 drops Panaway w/carrier to lower back

### BEDTIME

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Bath - 2 C epsom salt with 5-7 drops Stress Away (2x per week)

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Dab Peace & Calming on your chest

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Diffuse 4 drops Lavender & 5 drops Frankincense

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Dab Thieves on the bottoms of feet