

Healthy Habits 2.0 PROGRAM

21 steps to leaning into a more vibrant
way of living out your life.

A plan to flawless health that teaches us
to trust our bodies in doing what it knows
what to do best- THRIVE!



BY

Melissa J Johnson
ESSENTIAL OIL PARLOUR

Healthy Habits Program

Healthy Habits 2.0 is a program that will guide people through 21 steps to lean into a more vibrant way of living out your life.

This value-packed 5-week program will guide you through nutrition, exercise, deeper sleep, emotional health, gratitude, how to eliminate stress, + self care!

Over the next 21 days, you will learn how to implement new habits while eliminating the old ones. At the end of this program, you will have successfully made-over your entire lifestyle.

The New Healthy Habits will guide you to:

- ✓ anchor a lifestyle that creates a solid foundation
- ✓ implement habits that your high-vibrational self yearns for
- ✓ liberate habits that no longer serve you or your family
- ✓ become intentional with the way you live your life (with the purchase of the [doTERRA Healthy Habits Kit](#))

If you want to skip right to the part where I show you how to get the tools. Go to my website: essentialoilparlour.com and choose 'Get Started' then, keep scrolling to learn more about the program!



*Wellness is created when we make healthy choices daily.
then it transforms into our lifestyle.*

Our daily health is achieved naturally through creating and layering daily habits into our routines. And did you know that it takes 3 weeks to create new habits?!

The [Healthy Habits collection](#) is a foundational kit for anyone interested in anchoring the daily routine that turns on all body systems to flow as they are designed to do!

When this Healthy Habits collection launched, I knew it was time to put the ðgoddess stamp on it. I created this program for you, as part of our oil community in order to take this experience to a whole new level!

Areas of Focus that we will cover:

- + Exercise
- + Nutrition
- + Reducing the toxic load
- + Self-care
- + Sleep
- + Emotions

Healthy Habits 21 Step Breakdown

Week One

1. overview & preparation
2. declare your 3 VIP health goals
3. complete your Lifestyle Overview
4. habit stack
5. time/scheduling
6. making new habits stick
7. conquer daily oil use

Week Two

8. the power of LifeLong Vitality supplements
9. weekly priming + check in on your VIP health goals
10. nutrition, water intake, + the ditch & switch

Week Three

11. sweat + exercise
12. sleep tips
13. check-in with VIP goals, prime the week, + layer in one more habit

Week Four

14. make a green cleaner + ditch & switch

15. self care rituals

16. make yourself an epsom salt bath with essential oils

Week Five

17. stress + the body

18. supporting our emotions

19. practicing Gratitude

20. learn one new thing about the Loyalty Rewards Program (LRP)

21. share your results

21 Day Health Habits Assignments

1. Declare your 3 VIP Habits
2. Complete your Personal Wellness Consult
3. Learn how to Habit Stack
4. Learn how to make anything stick as a habit
5. Master the Daily Oil Routine
6. Understand the power of Lifelong Vitality Supplements
7. Do your Weekly Priming Session
8. Check in on your 3 VIP Habits
9. Learn the best Nutrition Tips to integrate
10. Integrate the Sweat + Smoothie Sequence
11. Learn the best Exercise Tips to integrate
12. Plan your Exercise Calendar
13. Learn the best Sleep Tips to integrate
14. Do your Weekly Priming Session
15. Check in on your 3 VIP Habits... Consider laying a new one in
16. Make a simple Green Cleaner to reduce your toxic load
17. Make your Glowing Face Oil + have an Epsom Salt Bath
18. Learn some new Self-Care Rituals
19. Learn the truth about Emotions + how to best support
20. Learn 1 new thing about the monthly rewards program
21. Share what you are most grateful for + which habits are your new normal with our community!

whether you join us for the

- 💚 glowing skin
- 💚 deeper sleep
- 💚 consistent energy
- 💚 improved digestion
- 💚 stronger immunity
- 💚 less anxious feelings

Or perhaps an overall feeling of 'I've got this!'"

This is your time ... and we're gonna do this together!





Melissa Johnson's

DAILY HEALTH HABITS

Morning

- +Swish & gargle with Ongaurd Mouthwash
- +Make Bullet Proof Five Mushroom Drinking Chocolate
- +Take a Terrazyme + Deep Blue Polyphenol or a Mito2Max + 1 ltr H2O
- +Fire-up ALL the diffusers- Ongaurd/Wild Orange/Citrus Bloom/Lavender+Bergamot
- +Prepare kids for school + lunches- LLV, Kids A-Z, Probiotic, Omega's
- +Push Play for 20 mins on Audible/Podcast Personal Development & do...
- +Dry brush with Smart & Sassy, apply new Sensitive deodorant
- +Apply YarrowPom to face
- +Moisturize body using virgin coconut oil + Frankincense + Copaiba
- +Use DIY Dry Shampoo w/ Peppermint+Rosemary eo
- +Brush teeth with Ongaurd toothpaste
- +Apply Beauty Counter make-up- Brows & cheeks
- +Roll-on Pure-fume- Magnolia, Neroli, Jasmine, current personal develp blend
- +Music on & get to Work on Top 3 Tasks &/or appointments

Afternoon

- +Move my body- dog for walk, class, yoga, Youtube vid, yardwork
- + Lunch- DDR Prime + LLV 1 ltr H2O
- +Vshake w/greens, nut butter, banana or salad w/ eo dressing
- +kick around house doing some odds & ends house work, laundry, empty roomba
- +Refill diffusers

Evening

- +Apply oils + set the stage for evening class/event, team zoom, M.O/B.O, team education - IPA's
- + 1ltr H2O, kids home/connecting/Family time, supper/bed routine
- +Evening IPA action
- +Prep kitchen for morning
- +Verage System or Detox Mud Mask (once a week)
- +Epsom Salt bath with Rose/Clary Sage + Frankincense + Copaiba- moisturize with eo
- +DDR Prime + LLV+ probiotic
- +Floss + brush + bed

Product I Have:

Product I Have to Get:

Wellness Consult

Reach your wellness goals!












Essential oil reference book/app:

- 1 Write down your health priorities and find solutions. Find your natural solutions on pages 13 and 17 or in a reference guide.

Top Health Priorities for you or your family	90-Day Goals	Natural Solutions you have or need
1.		
2.		
3.		

- 2 Create your Daily Wellness Plan.

Take the solutions you identified above and organize them into your daily plan.

MORNING	AFTERNOON	EVENING
Daily Wellness Habits <input type="checkbox"/> dōTERRA Lifelong Vitality Pack®  <input type="checkbox"/> Frankincense  <input type="checkbox"/> DigestZen TerraZyme®  <input type="checkbox"/> dōTERRA On Guard® <input type="checkbox"/> Lemon	<input type="checkbox"/> DigestZen TerraZyme®  <input type="checkbox"/> dōTERRA Balance®  <input type="checkbox"/> dōTERRA Lifelong Vitality Pack®   = Topical  = with Meal	<input type="checkbox"/> DigestZen TerraZyme®  <input type="checkbox"/> PB Assist+®  <input type="checkbox"/> Lavender 

- 3 What other wellness choices could support your goals? (e.g. increase water, sleep, exercise, dietary changes, etc.)

--

- 4 Live empowered with natural solutions.

Create a 90-day wellness plan by adding the product you need to your LRP orders (recommended to run between the 5th–15th).

MONTH 1 LRP	MONTH 2 LRP	MONTH 3 LRP
Date: <input type="text"/> / <input type="text"/> / <input type="text"/>	Date: <input type="text"/> / <input type="text"/> / <input type="text"/>	Date: <input type="text"/> / <input type="text"/> / <input type="text"/>
TOTAL PV _____	TOTAL PV _____	TOTAL PV _____

goal setting

Setting goals gives your life direction, boosts your motivation, and your self-confidence. Breaking big goals down into smaller goals helps keep you focused.

OVERALL GOAL

I am a strong woman; strength comes from within. I am disciplined to meet my daily movement, eating, and glowing goals. My emotional well being is like a rock carrying me from one day to the next. It is growing with each success, and I am giving myself grace when I fall short. By February 14th, 2019, I will be fitting comfortably in my favorite little black dress in time for Valentine's Day, and by May of 2019, I will feel confident in my swimsuit and be ready to rock the summer.

MOVEMENT

My body is a vessel, strong and resilient. I will move my body daily and provide it with the support it needs to carry me each day.

Attend Pure Barre Class 4-5x per week.

Take a brisk walk/run on rest days from Pure Barre.

Get fresh sunshine on my face/body daily.

I will support my body with my doTERRA supplements and routine in the MYM challenge.

NOURISHMENT

I will fuel my body with clean foods, pay more attention to my body's hunger/thirst cues, and treat my body as my temple.

I will find clean alternatives to convenience foods.

Drink tea instead of snack on junk food.

Snack clean by having cut up fruits/veggies in the refrigerator.

Fill my body with 70 oz of clean water per day.

EMOTIONS

I will love my body through the process of change and support my emotional well-being with added oils to support the ongoing changes physically and emotionally.

Rose on my face and heart in the morning with frankincense and peppermint to incentivize me into daily goals.

Ginger and peppermint for my sore muscles.

Sandalwood in my hair to feel beautiful.

RADIATE

My body glows from the inside out because I am filling it with all the goodness provided, fresh food, clean water and my supplements.

Integrate the doTERRA facial care line to nourish my skin as well as I nourish my body.

Incorporate the daily use of floral oils on my face.

Dry brush my skin daily with slim and sassy.

goal setting

Setting goals gives your life direction, boosts your motivation, and your self-confidence. Breaking big goals down into smaller goals helps keep you focused.

OVERALL GOAL

MOVEMENT

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

EMOTIONS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

NOURISHMENT

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

RADIATE

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

health + nutrition

hydrate

CALCULATE YOUR NEEDS

CURRENT WEIGHT X 0.5 = OUNCES OF WATER/ DAY

_____ X 0.5 = _____ OUNCES OF WATER/ DAY

EXPERT TIP:

ADD AN EXTRA 12 OZ OF WATER PER 30 MINUTES OF EXERCISE TO YOUR TOTAL FROM ABOVE!

nourish

EAT A RAINBOW OFTEN

EAT WHOLE FOODS

TRY TO CONSUME AT LEAST 3 COLORS AT EACH MEAL

FOCUS ON FIBER (FRUITS AND VEGGIES)

CHOOSE HIGH QUALITY, LEAN MEATS (ORGANIC, GRASS-FED WHEN POSSIBLE)

EAT HIGH QUALITY FATS IN MODERATION (AVOCADO, NUTS + NUT BUTTERS, OLIVES + OLIVE OIL, ETC)

TAKE SENSORY CUES INTO CONSIDERATION

EAT UNTIL YOU'RE 80% FULL, THEN RE-EVALUATE YOUR HUNGER LEVEL

DON'T STRESS - FOOD IS SUPPOSED TO BE FUN!

measure + weigh

ACCURATELY TRACK YOUR PROGRESS

WEIGH YOURSELF AT THE SAME TIME AND ON THE SAME DAY EACH WEEK FOR THE MOST ACCURATE NUMBERS.

REMEMBER TO STAND IN FRONT OF A MIRROR WHEN TAKING MEASUREMENTS, OR BETTER YET, ENLIST A FRIEND FOR HELP!

BICEP

Measure at the fullest part of your upper arm.

HIPS

Measure at the widest point of your hips or bottom.

WAIST

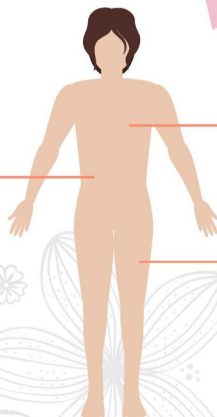
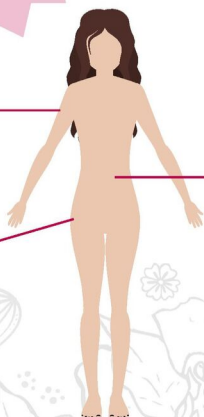
Measure at the smallest part on your torso, just above belly button.

CHEST

Measure at nipple level.

THIGH

Measure at the fullest part of your thigh.



health + nutrition

make a plan

GROCERY LIST

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MEAL PREP

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WORKOUT PREP

- ☐ Select the day(s) and time(s) you're going to carve out time to workout
- ☐ Add your workouts to your calendar reminders
- ☐ Pack your gym bag with your workout wardrobe

HERE WE GO!

As we begin our week long challenge, remember that having a plan is an essential part of success. Use this form to mentally and physically prepare for your week and to start creating new, healthy habits. Don't forget to reference your Master Your Metabolism ebook along the way!

my daily routine

Monday

RISE & SHINE

- ☐ Yarrow | Pom {2 drops directly under tongue }

BREAKFAST

- ☐ LLV {2 pills from each bottle}
- ☐ Slim & Sassy {5 drops in a veggie cap or 1 softgel}

How did you
nourish your
body?

LUNCH

- ☐ Slim & Sassy {5 drops in a veggie cap or 1 softgel}

How did you
nourish your
body?

DINNER

- ☐ LLV {2 pills from each bottle}
- ☐ Slim & Sassy {5 drops in a veggie cap or 1 softgel}

How did you
nourish your
body?

SWEET DREAMS

- ☐ Yarrow | Pom {2 drops directly under tongue or in hot tea}

BEAUTY REST

_____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Take measurements, weight and/or photos to track progress
- ☐ Stick to your plan
- ☐ Pop a piece of Slim & Sassy gum to keep cravings at bay
- ☐ Check in with us on Facebook {morning and evening} for added support

my daily routine

Tuesday

RISE & SHINE

☐ Yarrow | Pom {2 drops directly under tongue }

BREAKFAST

☐ LLV {2 pills from each bottle}

☐ Slim & Sassy {5 drops in a veggie cap or 1 softgel}

How did you
nourish your
body?

LUNCH

☐ Slim & Sassy {5 drops in a veggie cap or 1 softgel}

How did you
nourish your
body?

DINNER

☐ LLV {2 pills from each bottle}

☐ Slim & Sassy {5 drops in a veggie cap or 1 softgel}

How did you
nourish your
body?

SWEET DREAMS

☐ Yarrow | Pom {2 drops directly under tongue or in hot tea}

BEAUTY REST

hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

☐ Take measurements, weight and/or photos to track progress

☐ Stick to your plan

☐ Pop a piece of Slim & Sassy gum to keep cravings at bay

☐ Check in with us on Facebook {morning and evening} for added support

my daily routine

Wednesday

RISE & SHINE

☐ Yarrow | Pom {2 drops directly under tongue }

BREAKFAST

☐ LLV {2 pills from each bottle}

☐ Slim & Sassy {5 drops in a veggie cap or 1 softgel}

How did you
nourish your
body?

LUNCH

☐ Slim & Sassy {5 drops in a veggie cap or 1 softgel}

How did you
nourish your
body?

DINNER

☐ LLV {2 pills from each bottle}

☐ Slim & Sassy {5 drops in a veggie cap or 1 softgel}

How did you
nourish your
body?

SWEET DREAMS

☐ Yarrow | Pom {2 drops directly under tongue or in hot tea}

BEAUTY REST

hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

☐ Take measurements, weight and/or photos to track progress

☐ Stick to your plan

☐ Pop a piece of Slim & Sassy gum to keep cravings at bay

☐ Check in with us on Facebook {morning and evening} for added support

my daily routine

Thursday

RISE & SHINE

☐ Yarrow | Pom {2 drops directly under tongue }

BREAKFAST

☐ LLV {2 pills from each bottle}

☐ Slim & Sassy {5 drops in a veggie cap or 1 softgel}

How did you
nourish your
body?

LUNCH

☐ Slim & Sassy {5 drops in a veggie cap or 1 softgel}

How did you
nourish your
body?

DINNER

☐ LLV {2 pills from each bottle}

☐ Slim & Sassy {5 drops in a veggie cap or 1 softgel}

How did you
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body?

SWEET DREAMS

☐ Yarrow | Pom {2 drops directly under tongue or in hot tea}

BEAUTY REST

hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

☐ Take measurements, weight and/or photos to track progress

☐ Stick to your plan

☐ Pop a piece of Slim & Sassy gum to keep cravings at bay

☐ Check in with us on Facebook {morning and evening} for added support

my daily routine

Friday

RISE & SHINE

☐ Yarrow | Pom {2 drops directly under tongue }

BREAKFAST

☐ LLV {2 pills from each bottle}

☐ Slim & Sassy {5 drops in a veggie cap or 1 softgel}

How did you
nourish your
body?

LUNCH

☐ Slim & Sassy {5 drops in a veggie cap or 1 softgel}

How did you
nourish your
body?

DINNER

☐ LLV {2 pills from each bottle}

☐ Slim & Sassy {5 drops in a veggie cap or 1 softgel}

How did you
nourish your
body?

SWEET DREAMS

☐ Yarrow | Pom {2 drops directly under tongue or in hot tea}

BEAUTY REST

_____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

☐ Take measurements, weight and/or photos to track progress

☐ Stick to your plan

☐ Pop a piece of Slim & Sassy gum to keep cravings at bay

☐ Check in with us on Facebook {morning and evening} for added support

daily tracker

Goal Suggestion

Goal suggestion:
start with three a day

- + wake up with the sun
- + daily affirmation/meditate
- + exercise
- + daily oil routine
- + smoothie
- + 5 cups of greens/veggies
- + drink body weight in ounces of water
- + one thing from joy list/selfcare
- + review weekly tracker + prep/actions for tomorrow
- + goodnight to your kitchen
- + wifi off 1 hour before bed + journal

Daily Oil Routine

Morning:

- +diffuse 3 drops of Balance or Lemon
- +1 drop Balance to bottoms of feet or wrist
- +1 drop of Lemon to 20 oz of water
- +brush with ongaurd toothpaste
- +take LLV + Terrazyme with your meal

Afternoon:

- +diffuse 3 drops of Ongaurd
- +massage Deep Blue into your neck & shoulders
- + Vshake smoothie
- +1 drop of Lemon to 20 oz of water
- +take LLV + Terrazyme with your meal

Evening:

- +diffuse 3 drops of Lavender
- +wash face with Verage
- +massage Deep Blue into your neck shoulders, lower back
- +1 drop Frank under the tongue
- +1 drop of Lemon to 20 oz of water
- +take LLV + Terrazyme + PBAssist+

top 3 actions:

today I felt:

grateful for:

[illegible][illegible]

weekly tracker

Sunday: Monday: Tuesday:

Sunday: Monday: Tuesday:

Sunday: Monday: Tuesday:

(Blank handwriting practice area)

Wednesday: Thursday: Friday:

Wednesday: Thursday: Friday:

Wednesday: Thursday: Friday:

[illegible]

Saturday: Shopping + Grocery List:

Saturday: Shopping + Grocery List:

Notes: _____

[illegible]

monthly tracker

August

September

October

A sheet of handwriting practice paper featuring five identical sets of three horizontal dashed lines, designed for tracing or writing practice. The lines are evenly spaced across the page.

November

December

January

[illegible]

February

March

April

A set of horizontal lines for handwriting practice, consisting of a solid top line, a dashed midline, and a solid bottom line, repeated multiple times.

May

June

July

[illegible]