

DAY ONE



Let's get this Llama Started!

And So We Begin! Congratulations for saying YES to YOU!

The goal over these next 12 days is that you feel noticeably better than you do today.

We plan to do this by sharing ideas and strategies for you to implement, and through the use of essential oils.

We have a different theme for each day, meaning no day will look the same.

Today is "Let's Get This Llama Started"

Since we need to explain the flow of the days, today will be the most information you receive.

Every Day will have the same flow.

👑 A Graphic Posted that shares what to do for the day - Be sure to read and do each box.

👑 A video on the daily featured oil posted in the comments

The Link for your 4 minutes of Daily Mindfulness

<https://teambliss.wistia.com/medias/lc9zsoznme>

👑 A suggestion of a "Daily Add" and a "Daily Avoid"

👑 A Video supporting the theme of the day

👑 The Daily Diffuser Blend

👑 Your Daily "BEST DAY" Protocol

👑 The checklist will guide you through your day. Now's a good time to grab it. Yes now! So you can follow the flow of what to do when.

(You simply can't make it through without your checklist so be sure to print it and keep it handy!)

[CLICK HERE](#) for your Checklist

DAY ONE continued



So dive in and watch todays video which is a bit longer since we explain all you need to know.

Todays Featured Oil is Lemon Vitality.

Todays Add: Lemon Vitality Essential Oil to your water. Add one drop as often as you'd like.

Todays Avoid: Fragrance.

Fragrance. It's in many personal care and cleaning products.

Unfortunately fragrance is really a code word for chemicals. Chemicals that wreak havoc on our hormones, our mood, our weight, and many other things.

So today, we ask that to give yourself the best advantage possible to have a GREAT DAY, stay away from products that say FRAGRANCE.

And Lastly. ENJOY YOUR TIME WTH US! This Is meant to be fun, easy, insightful, and worth it!