

# Health Goals

## PLANNING ASSISTANT

Team KindaKrunchy

### Set Goals

- Write down your health goals for you and your family.
- Goals can be physical or emotional.

#### Physical Goals:

- reduce chemicals in your home
- increased energy
- boost immune system
- weight loss

#### Emotional Goals:

- reduce stress
- less irritable
- more focus
- etc.



### Create Action Plan

- Use your resources to find YL oils and supplements to help you reach your goals.
- List any dietary and/or lifestyle changes you may want to make.
- List a wide variety of options here - this is the brainstorming phase.



### Set Priorities

- Which goals are most important to you at the moment?
- What oils/products do you think would be most useful to you in reaching those goals?
- Decide how much you want to budget monthly for wellness products.
- Make a plan for getting the products you need.



### Goal

### Action

### Priority

- Strengthen immune system

- Thieves
- Inner Defense
- NingXia Red
- Life 5 (pro biotic)
- 8 hours of sleep nightly
- Reduce sugar consumption
- Eat more fresh fruits/veggies

Month 1:

- Reduce chemicals in my home

- Thieves Cleaner (concentrate makes 14+ bottles of cleaner!)
- DIY body wash
- DIY Lavender or Thieves foaming hand soap
- Browse the ART skincare line

Month 2:

Month 3:

Month 4: