



W O R K B O O K



Finally Revealed!

THE 10 TOP ESSENTIAL OILS
You Need NOW to Strengthen
Your Immune System



in just 30 days!

with Beth Conroy

3 Ways to Get Massive Value From This Workbook

1

PRINT this workbook and use it during our master class to stay fully engaged and take notes on the actions you want to implement quickly. If you want to save some ink, don't print page one or two since the title design is pretty fancy ;-)

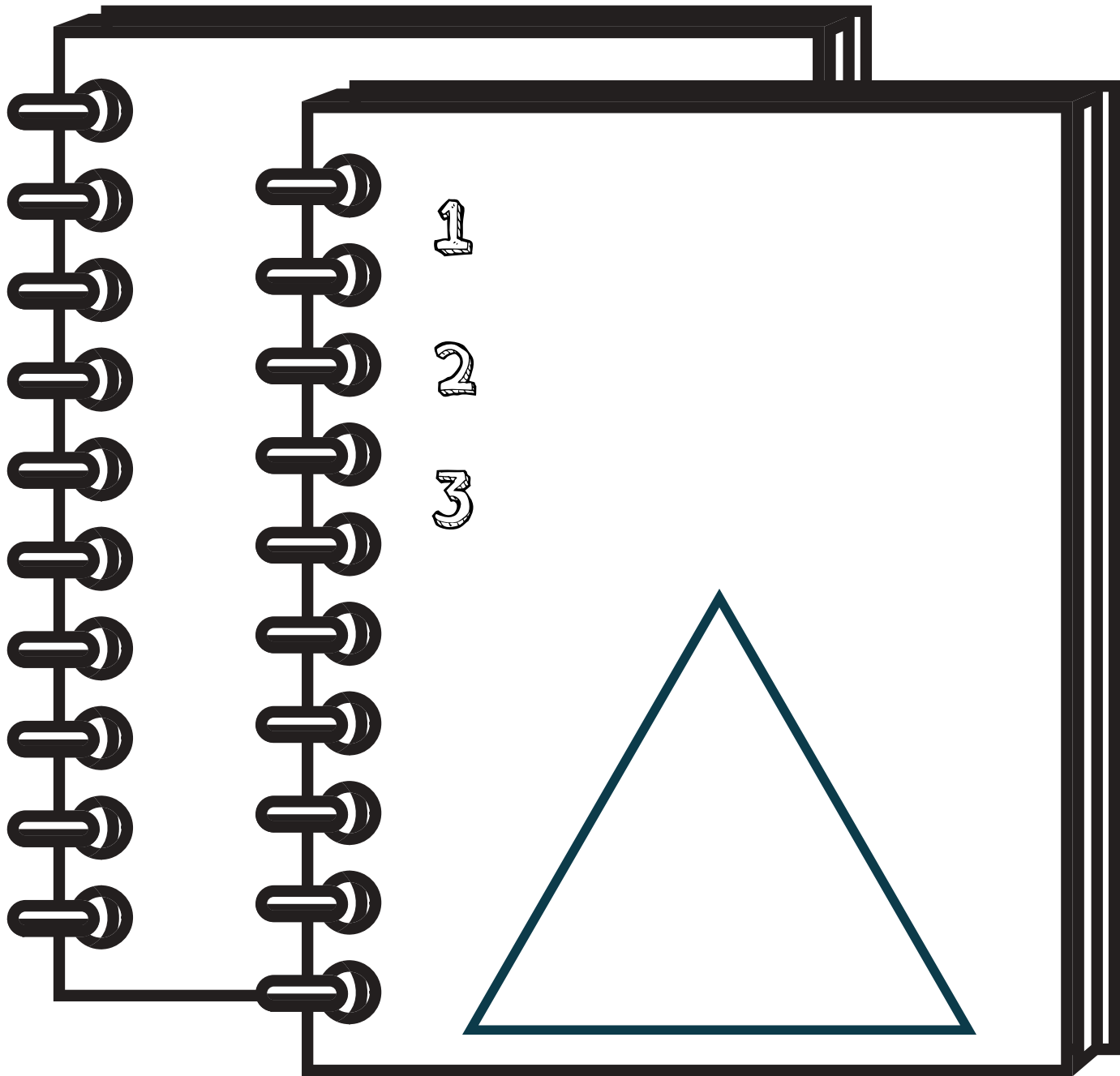
2

Think of ONE QUESTION you want answered while we are live together. If I don't answer your question during my training, you can email me anytime beth@theoilsweetheart.com

3

To maximize your time on this webinar, at the end of the session decide on just one ACTION you plan to complete in the next 24 hours. Taking action right away will give you instant momentum to start seeing BIG results.

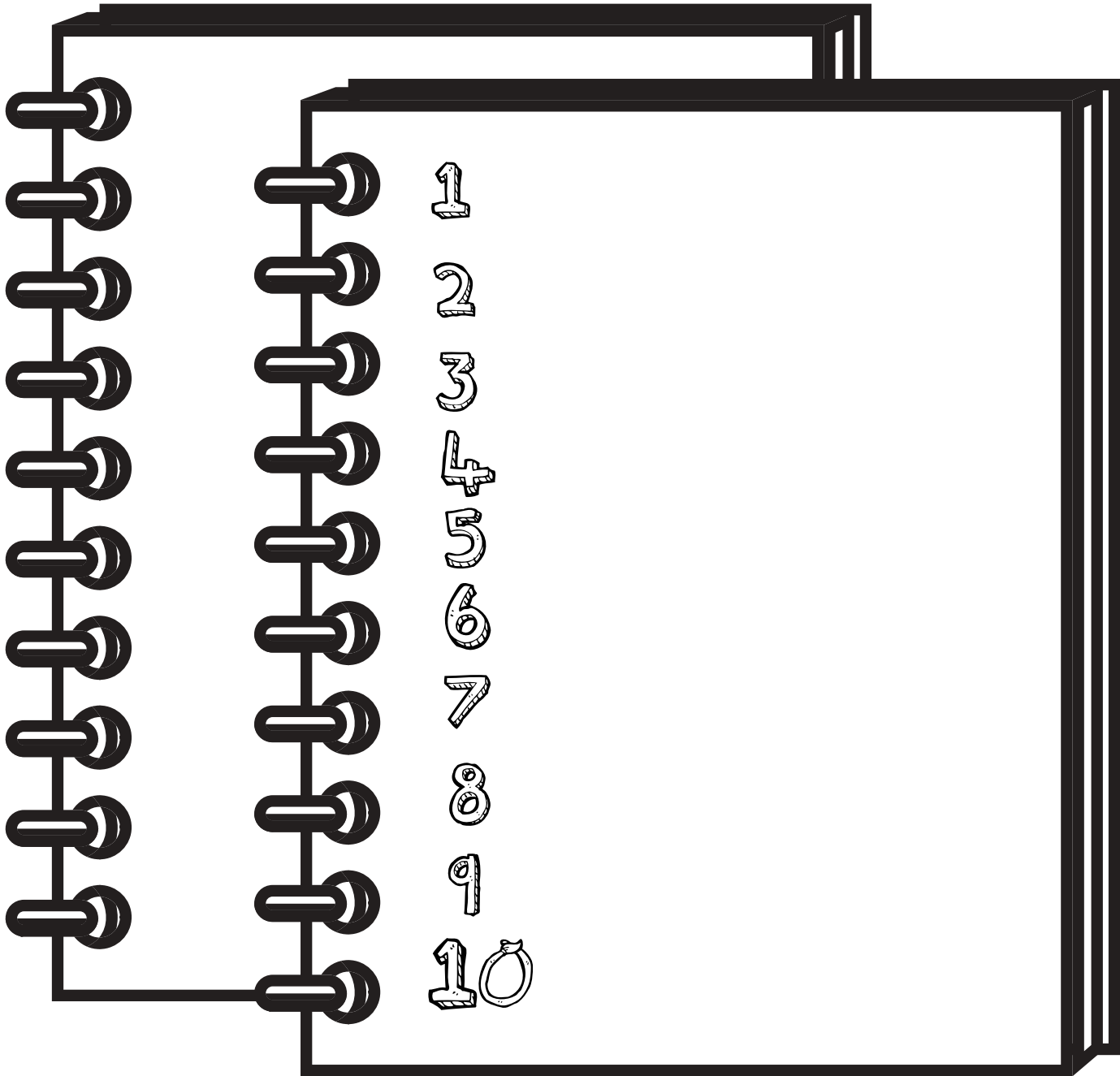
THREE REASONS WE GET SICK



NOTES:



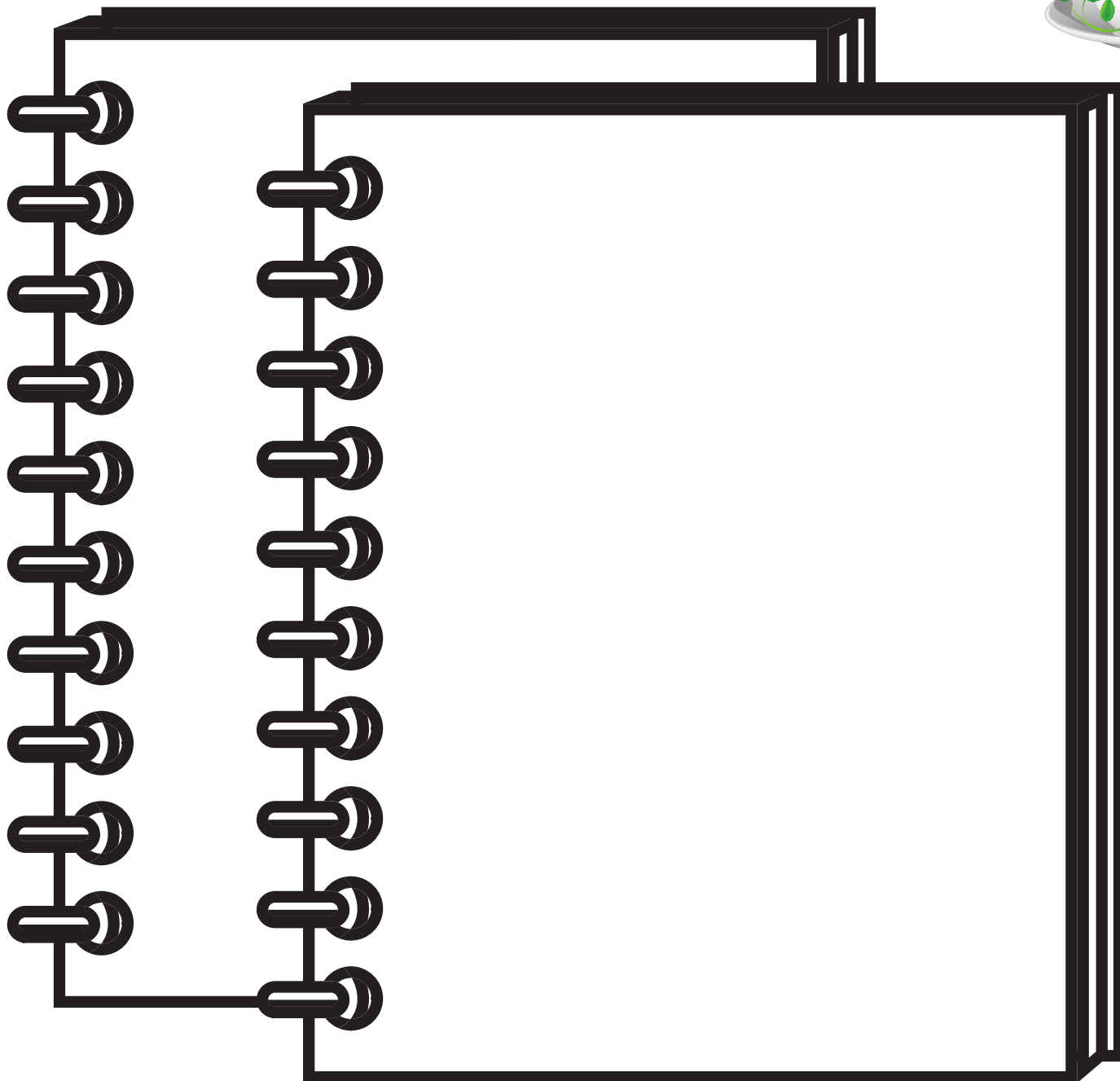
TOP 10 OILS



NOTES:



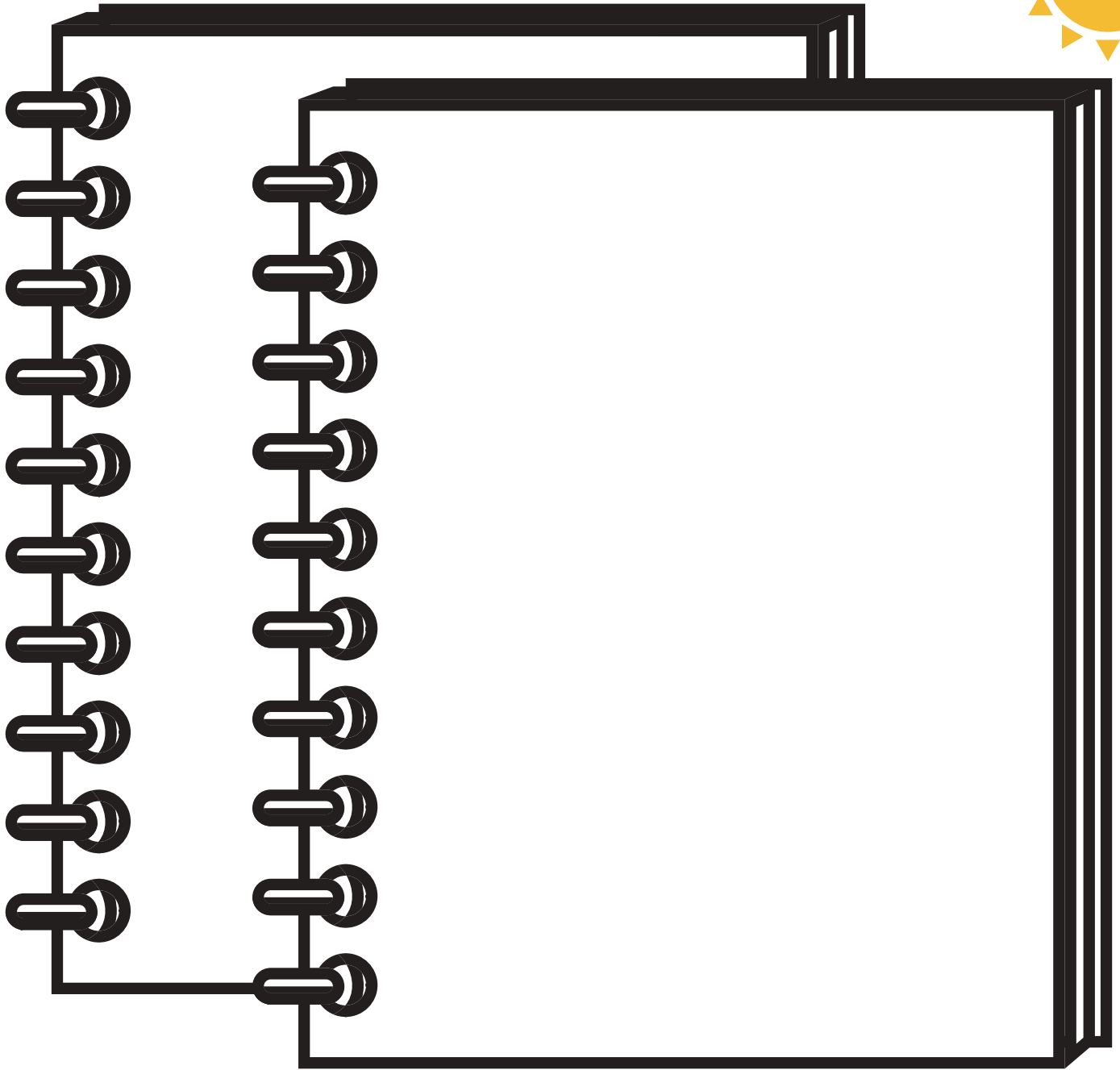
MORNING ROUTINE



NOTES:



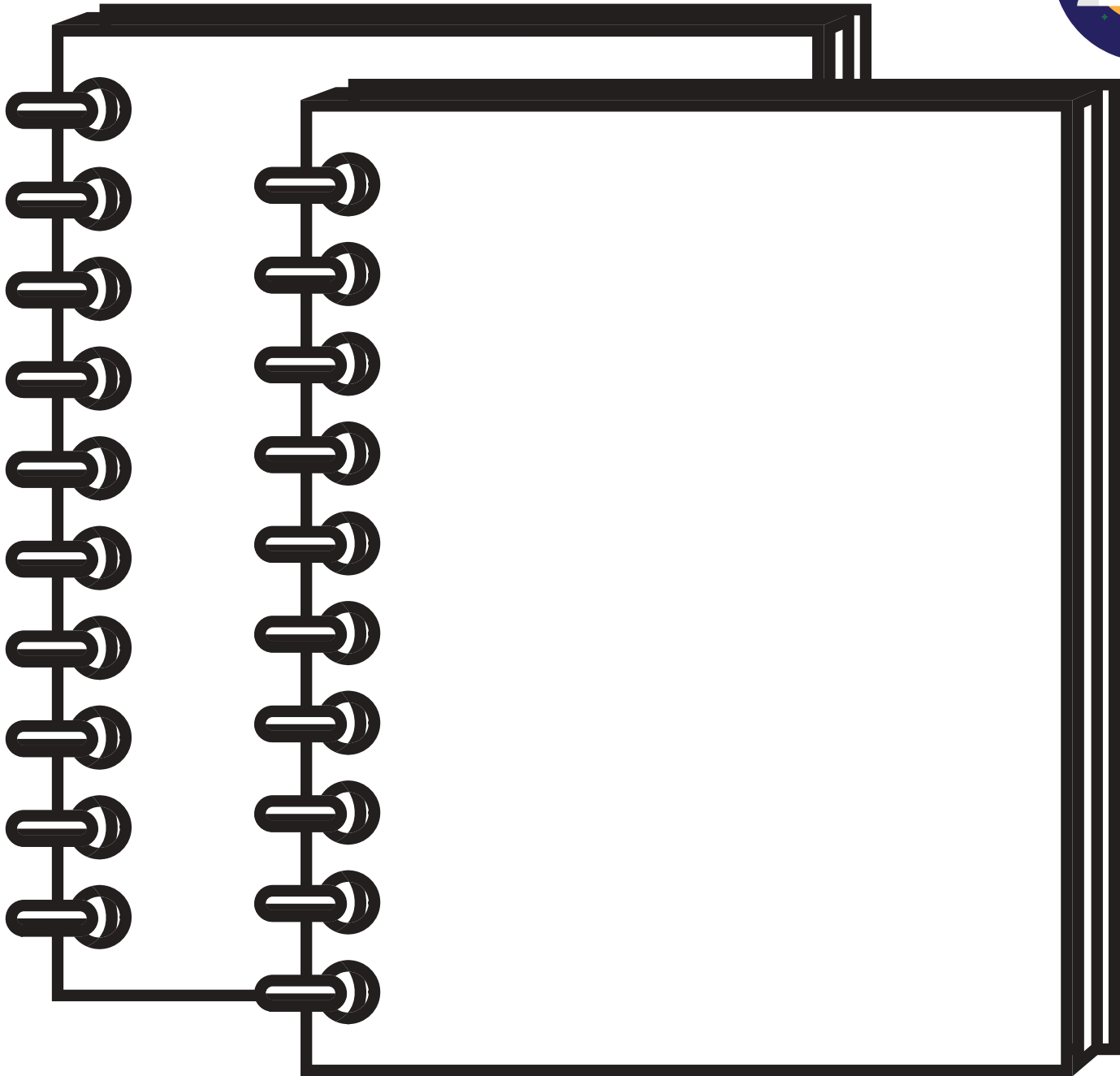
MID DAY ROUTINE



NOTES:



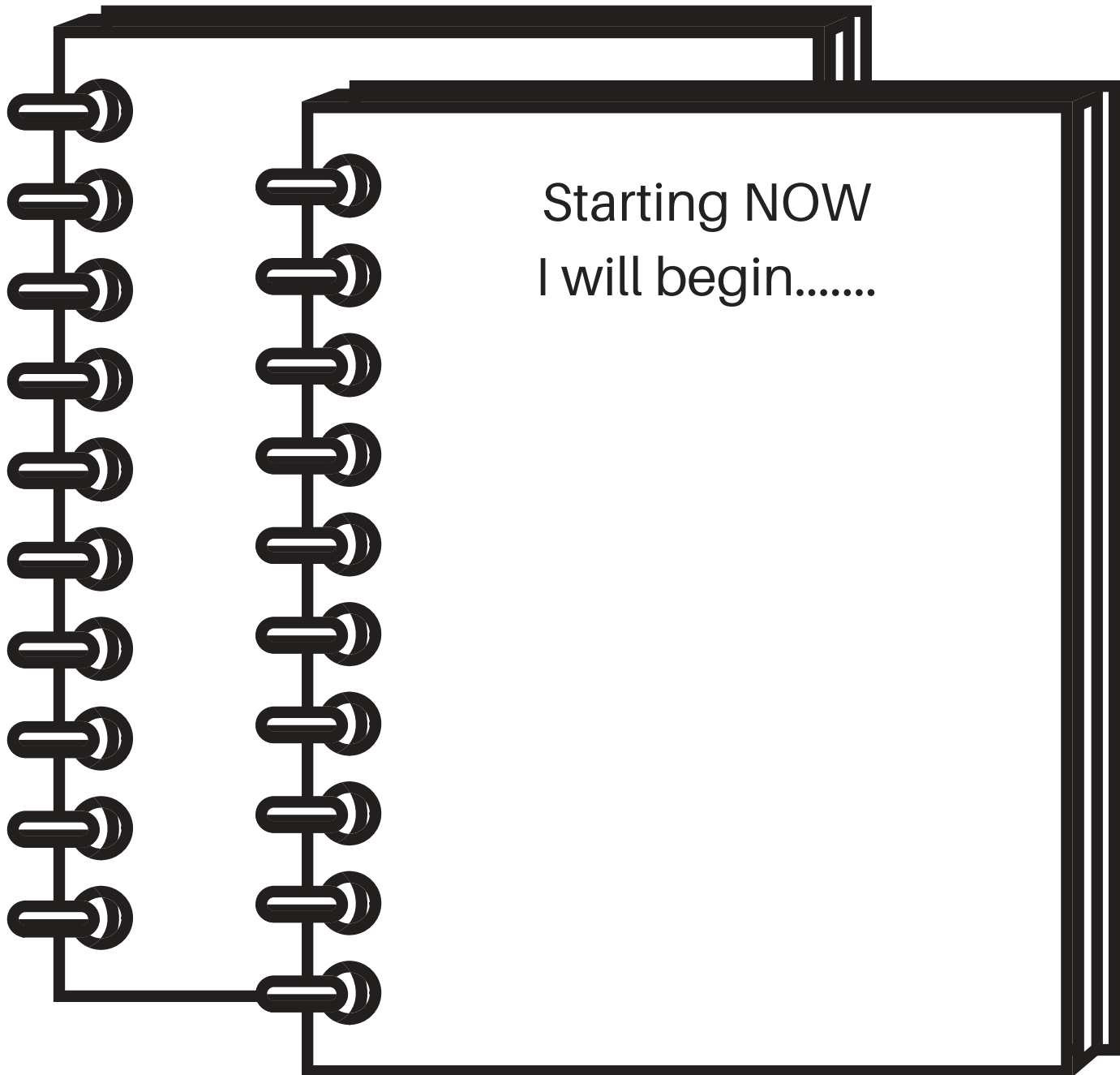
EVENING ROUTINE



NOTES:



MY ACTION PLAN



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