

Fearless Challenges

Make it a point to try all 11 oils from your starter kit in your diffuser over the next 11 days. Just one oil a day, you can do it! When you are done, make up your own blends and try those. See if you can run your diffuser every day, even if it's just a few minutes, for 30 straight days to build a habit of diffuser use.

Challenge #1

Make three roll-ons with carrier oils and put them in strategic places! Now you're ready to use oils topically on yourself, kids, or your friends!

Challenge #2

Challenge #3

Watch all the short videos under the Getting Started tab in your virtual office at youngliving.com. If you want me to give you a tour instead, go to oilabilityteam.com, click on "Start Here," "Gameplan Bootcamp" and "Day 6: Your Greatest Tool: A Detailed Tour of the Young Living Virtual Office." My tour is free!

Apply an oil tonight in a place where you've never applied one. (I recommend getting your spouse or a friend to give you a Stress Away back massage!)

Challenge #4

Challenge #5

Make up your own blend. Put it in a small Share It bottle from your kit or recycle your first empty bottle from your kit! If you want to kick it up a notch, focus on 3 areas of your wellness regimen, make a list, look up products that may support those areas, and give them a try. Each month focus on 3 new things.

Empty-the-box challenge! Use all your Share It bottles to share oils with friends and family. Drink those two red NingXia packets. (Be brave! It's berries!) Read all the literature and smell all the oils!

Challenge #6

Challenge #7

Order at least one new oil each month! See how quickly you can double your oils collection! Start swapping yuck out of your cabinets for oil-infused products!

Make a Vitality recipe! You get bonus points if you try a Pure Protein Complete smoothie in place of your regular breakfast using a Vitality oil!

Challenge #8

Challenge #9

Practice the art of research. A good oiler knows how to look things up. Make a list of three things you'd like to work on to support your family's body systems this month and piggyback off challenge 5. You CAN do this.

The Simple Swap or 3-cabinet challenge. Pick 3 items in your house that you're the most convicted to swap out, get on Essential Rewards, and start taking small steps to clear out every toxic chemical from your home.

Challenge #10

Bonus Challenges

Bonus #1

Focus on you. Pick three areas of your wellness regimen over the first few days of this month, the things that are driving you crazy, make a list, look up Young Living products that may support those areas, and give them a try. Each month focus on three new things.

Make a raindrop roll on. Raindrop is a technique developed by Young Living founder D. Gary Young to support every system in your body. It's my go-to when something is off, the first place that I start. Raindrop technique focuses on the spine and feet, but you can mimic it with virtually no training by doing two simple steps: make up the following oils in a 10ml glass roll on bottle (you can find them on Amazon, go for the ones with the metal roller balls) and simply apply them to your spine and feet. The mix: 10 drops each Valor, Cypress, Peppermint, Oregano, Thyme, Marjoram, Basil, and Wintergreen. Top it off with Orthoese massage oil as a carrier oil. Go to youngliving.com/raindrop to see an entire raindrop session in action, for free.

Bonus #2

Bonus #3

Learn the supplements. The number one way to get someone on essential rewards is supplements, because they must be restocked monthly. The best way to explain supplements is to use them yourself, to be a product of the product. If I had to pick just four of the top Young Living supplements that I take daily, they would be: 2-4 ounces of NingXia, Essentialzyme, Omegagize, and Life 9. Begin there.

Organize your oils. You now have a decent collection going! Let me challenge you to organize them in a way that you would use them. That may be by system, by how often you use them, by color, alphabetically, or, if you really want to get fierce—lay them out where you would most use them. Put PanAway by your bedside for evening use. Put Stress Away by your diffuser on your desk, or in your purse to use in an orb diffuser in your vehicle.

Bonus #4

Bonus #5

Get Cleaning. Order a Thieves Cleaning bucket off Young Living's website (item number 20421). That bundle includes a steel bucket, a bottle of Thieves cleaner, a microfiber cloth, and 6 bottles of oil, as well as a recipe booklet filled with different recipes to clean your home. You may mop with Pine oil one day, or Lemon or Citrus Fresh the next. Make up some new cleaning recipes and have fun!

Read up. The Young Living blog has won awards! You may want to learn to make floating Citronella candles or Lavender lemonade. Go to blog.youngliving.com and get lost in the possibilities of your new love of oiling! Make sure you also check out oilabilityteam.com and enjoy all of Sarah's interviews, the Moses blessing to pray over your team, Sarah's Why Video (that explains her passion), and so much more! There are even textable classes for FREE. You are on the greatest adventure!

Bonus #6