



WEEKLY CALENDER:

Oola Infused 7 Challenge

FITNESS, FINANCE, FAMILY, FIELD, FAITH, FRIENDS, FUN



Write down your small daily goals to get you to your OolaOne.

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BALANCE AND TIME ARE WORTH FIGHTING FOR!

YOU

HAVE IT IN YOU TO *FIND* PURPOSE, *wellness, & abundance.*

YOU ARE

Step 1: Fill out your Oola Wheel for the week (you'll need the questions from the Oola mini to do this)

Step 2: Write out your OolaOne goal for the week; the one place you want to focus to help bring the rest of your life into balance.

Step 3: Pick the oil that matches it and get it on your body and in the diffuser every day. Say the Affirmation that goes along with it.

Step 4: Think of small daily goals along the way to achieving your OolaOne for the week. (Maybe your goal is to walk a mile by week's end, so each day you walk 10 minutes).

7 Affirmations:

- Fitness: I am fit, healthy, disciplined, and strong.
- Finance: I am financially free and living abundantly.
- Family: I am unconditionally loving, patient, and respectful.
- Field: I am pursuing my purpose in life.
- Faith: I am grateful, humble, and fully connected.
- Friends: I am blessed with empowering, healthy friendships
- Fun: I am pursuing the joys of life!

Topical protocol:

Place one drop of either Grow or Balance in the palm of your hand. Add 3 drops of one of the Infused 7 oils on top of it (the area where you're working hardest). Make a circular motion in the oil with your fingers. Then apply to these areas in a circular clockwise motion, depending on the oil:

- Family: on the neck
- Finance: triceps and forearms
- Field: back of the neck
- Fitness: on the areas of your body that get sore during
- A workout
- Friends: back of the wrists
- Faith: crown of the head
- Fun: on your thighs or shoulders



LIVE OOLA