

**Deborah Montgomery**  
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<https://www.harbourviewhealthandwellness.com/>

### ***The 3 Oils I Use Every Day:***

*On Guard - in my water*  
*Lavender - in a roller for calmness and soothing*  
*Frankincense - in a roller for age spots and toning*

### ***The Quote My Heart is Singing to Right Now:***

*"I swear I will not dishonor my soul with hatred, but offer myself humbly as a guardian of nature, as a healer of misery, as a messenger of wonder, as an architect of peace."*  
... Diane Ackerman

### ***My Top Leadership Strength and How it Helps Me:***

*My top strength is known as 'individualization.' I like to meet my clients where they are at. And I am honest and accountable. I don't say I will do something if I cannot commit 100%.*

### ***The One Thing I Consistently do for Self-Care:***

*Exercise, specifically running. It is the outlet that keeps me balanced between work and family life.*

### ***What I Love Most about doTERRA:***

*I love the opportunity to get together with like-minded people who share a passion for these natural solutions in life that are healthy and vital to us all. I love how the oils are so versatile from being aromatic, ingestible or supportive in topical use.*

*It is amazing how many other people are willing to assist with any questions I have had, especially within the social media world. DoTERRA peeps are so willing to share their ideas and knowledge.*