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<https://www.mydoterra.com/mmunroe/#/>

The 3 Oils I Use Every Day:

For me:

*Frankincense under the tongue, Cedarwood in my moisturizer,
and Lemon in my water.*

For my daughter:

Stronger Blend on her feet and spine, Calmer Blend over the heart centre.

The Quote My Heart is Singing to Right Now:

"No act of kindness, no matter how small, is ever wasted" Aesop

My Top Leadership Strength and How it Helps Me:

I am an Empath. I can't help but put myself in someone else's shoes. I think it helps me connect with people on a deeper level and build relationships of trust, which is very important to me.

The One Thing I Consistently do for Self-Care:

This one is tricky for me right now since I am a new mom, which I try to not use as an excuse. I think I would have to say that getting outside for some walking everyday, and horse back riding once a week are what make me happy, and are my forms of self care. I need to connect with nature.

What I Love Most about doTERRA:

The thing I love most about doTERRA is their transparency and their mission to help people all over the world. It is so hard to find a company that provides you with honest answers these days. But with doTERRA, nothing is a secret, everything is out in the open and I think that is SO important! Also, I love that every time I purchase an oil, I know I am contributing to a greater cause.