

***Nicole Dupuis***  
***Certified Personal Trainer, Level II Reiki Practitioner,***  
***Certified Aromatouch Practitioner, doTERRA Wellness Advocate***  
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### ***The 3 Oils I Use Every Day:***

*On Guard Protective Blend and Frankincense*  
- every morning on bottoms of my feet -

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*Easy Air Respiratory Blend (also known as “Breathe”)*  
- a daily essential to calm my nerves and maintain balance -

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

*“We suffer more in imagination than in reality.”*  
*Annaeus Seneca*

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

*Empathy - Being an ‘empath’ can be hard sometimes. However with this trait, I know and trust that I provide honest, compassionate, genuine service to my clients. I truly love helping people find solutions and breakthroughs. It makes my day when someone tells me that they had a better sleep, that they feel better physically or emotionally, or that they loved an essential oil I recommended because it truly worked for them. Through my empathy, I really connect on a deep level, and that is a privilege that I don’t take lightly.*

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

*Hmmm, I have a few favorites -*  
*Working on the computer while resting in bed, hot baths, and occasional indulgences in good wine and vegan chocolate chip cookies!*

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

*I love how doTERRA supports my desire to live a healthy and natural lifestyle in a way that is consistent with who I am in the core of my being. From the emotional and physical wellness their oils offer me, to the education they provide and the philanthropic efforts they make globally - the company, the leaders and the team all help me to live an intentional life.*