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

*Frankincense and Copaiba*  
- under my tongue morning and night, to help with inflammation -

*Serenity Restful Blend*  
- in my diffuser every night, for a good night's sleep -

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

*“Abundance is not something we acquire, it’s something we tune in to.”*  
Wayne Dyer

### ***A Book That Created Big Shifts for Me:***

*“There’s a Spiritual Solution to Every Problem” by Wayne Dyer*

### ***The Thing I do consistently to grow my brand and biz:***

*Meditate! That may seem strange, but it is my practice each and every morning. It allows me time to tap into my highest self and create my intention in the moment. That gift of ‘presence’ is critical to how my life unfolds on every level. It reminds me that I am connected to a force bigger than my small self, and it brings me back to my sense of purpose, which is to be of service. In turn, this impacts my capacity to continue to grow my business each and every day from a heart centered place. That is my consistent success.*

### ***When I need to shift my state, I:***

*When I have stepped away from feeling balanced and centered in my life, my first thought is to reach out to people who ground me in my life and bring me back on course: my husband who has been my ‘rock’ for over 35 years, my doTERRA Sisterhood, my social work colleagues who speak my language, and my mother (who is gone now, but whose energy I can sense in my heart whenever I need her). I have used great discernment over time to create these sacred bonds with a small circle of people, and talked openly to*

*them about how they serve me in these overwhelmed moments,  
and how grateful I am for that. In turn, I know that I offer the  
same to them. These are the most beautiful, cherished, reciprocal  
relationships in my life, and I feel blessed to be able to nurture  
each one of them, as they nurture me.*