

# Navigating the Holidays

## PILLAR 5: REFLECTION

### *Finding Meaning in the Journey*

---

## Essential Oils for Pillar 5: REFLECTION

### Frankincense

The oil of truth and spiritual insight

---

### Roman Chamomile

Calming for evening reflection

---

### Holiday Peace (Limited Time)

Captures the natural dormancy of winter, inviting stillness and deep introspection. Connects you to ancestral wisdom and helps you reflect on what's been unresolved across generations

---

### Holiday Joy (Limited Time)

Illuminates family dynamics with compassion, fostering honest reflection on boundaries, connection, and what truly brings joy beyond obligation

---

[www.myperfectlifetoday.com](http://www.myperfectlifetoday.com)

*The 5 Pillars of Navigating Change*

These statements refer to doTERRA essential oils and have not been evaluated by the FDA.  
These products are not intended to diagnose, treat, cure, or prevent any disease.