

# Navigating the Holidays

## PILLAR 2: ADAPTATION

### *Finding Different Ways Forward*

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## Essential Oils for Pillar 2: ADAPTATION

### **Wild Orange**

Uplifting and energizing; I wear it as a 'human diffuser' to help myself and those around me

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### **Peppermint**

Quick energy boost when you're running on empty

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*The perfect pairing for mental clarity and renewed energy:*

### **Rosemary**

Brings mental clarity when you need to think differently about old traditions

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### **Grapefruit**

Renewed energy and uplifting, pairs perfectly with Rosemary

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### **Owl Diffuser + Calmer Essential Oil**

Adapts your environment to support your wellbeing (while supplies last)

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[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.