



A Mid-Year Reset for Mind, Body & Soul Journal Page

**Take 15 minutes to pause, breathe, and reflect.
Pair this journaling session with your favorite essential
oils to deepen your experience.**

STEP 1: PREPARE YOUR SPACE

- Gather your doTERRA essential oils: Frankincense, Balance®, & Citrus Bliss®.
- Choose a quiet, comfortable space — your bed, a cozy chair, or maybe even outside in nature.
- Diffuse doTERRA Balance® to create a steady, calming environment.
- Set aside doTERRA Citrus Bliss® to inhale at the end of your journaling session.
- Apply Frankincense to the forehead or pulse points to ground in truth. Take 3 deep breaths.
- When you're ready, begin your journaling session.



PROMPT 1: TRUTH & CLARITY FRANKINCENSE – THE OIL OF TRUTH

What truths have I uncovered about myself so far this year? What's asking for more honesty or clarity?

PROMPT 2: GROUNDING & PEACE BALANCE BLEND – THE OIL OF GROUNDING

What helps me return to center when I feel overwhelmed? How can I create more of that in my daily life?



PROMPT 3: SPACE TO GROW CITRUS BLISS – THE OIL OF CREATIVITY

What dreams or ideas have I been ignoring? What would it feel like to take one bold step toward them this week?"

***Washburn Wellness
Peggy Washburn***

***Wellness Advocate, doTERRA Essential Oils
Creator, My Perfect Life Today Journals
www.myp perfectlifetoday.com***

