

YOUNG LIVING®  
ESSENTIAL OILS

# Power Your Day

Wellness Starts Within

15 January-28 March 2025





# Power Your Day

Wellness Starts Within

Fuel your wellness journey in 2025 with our specially curated Power Your Day Sets and join the 30-Day Lifestyle Reset Challenge to experience a healthier lifestyle in no time!

## Power Your Day Sets



**Power Your Day Set 1**  
Consists of:  
Phyto Meal 637.5g  
NingXia Red 2pk 750ml

Item No.	49036
Wholesale	RM580.00
Retail	RM763.00
PV	115.90

**Power Your Day Set 2**  
Consists of:  
Phyto Meal 637.5g  
NingXia Red Singles 30pk

Item No.	49038
Wholesale	RM650.00
Retail	RM855.00
PV	128.90



## 30-Day Lifestyle Reset

This is a guided programme designed to help you reset your eating habits, boost your energy, and achieve sustainable health goals.

Here's a simple guide to a successful 30-Day Lifestyle Reset:

1. Start your day with Phyto Meal, a nutrient-rich meal replacement, to fuel your body.
2. Stay energised with nutrient-packed NingXia Red.
3. Fuel your body with balanced, wholesome meals throughout the day.
4. Aim for at least 30 minutes of activity daily.
5. Sip and hydrate with clean water.
6. Practice mindfulness — take a moment each day to reflect and journal your thoughts.



Are you ready to reset your lifestyle with our Power Your Day Sets?  
Join the **30-Day Lifestyle Reset Challenge** from 15 January-28 March 2025 and stand a chance to win prizes worth up to **RM1,000** along with an exclusive invitation to a Wellness Retreat!

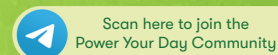




# 30-Day Lifestyle Reset Challenge

Complete tasks within the challenge period and win prizes by earning STAR points!

## How to Join the Challenge?

1. Must be an active Young Living Malaysia Brand Partner.
2. Purchase Power Your Day Set 1 or 2 (LR/SO) between 15 January and 28 March 2025.
3. Register via Jotform link before 28 February 2025: <https://form.jotform.com/243638526341458>
4. Join the Power Your Day Community on Telegram and participate in daily check-ins.
5. Share your journey on Facebook or Instagram with the challenge hashtags: #YLPowerYourDay, #WellnessStartsWithin, and #YLMY.
6. Invite new Brand Partners to purchase a Power Your Day Set.



Task	Details	Maximum STAR Points
Purchase any Power Your Day Set	Compulsory task. Must purchase within 15 January-28 March 2025. (1 STAR per set)	2
Register for the Challenge	Compulsory task. Successfully register <a href="#">via Jotform</a> before 28 February 2025.	1
Join the Power Your Day Community and Perform Daily Check-Ins	Earn 1 STAR for every 7 days of check-ins.	4
Publish Power Your Day-related posts on social media  	<p>Post photos or videos publicly on social media. Use the challenge hashtags: #YLPowerYourDay #WellnessStartsWithin #YLMY</p> <p>Earn 1 STAR point per post, up to 8 posts (no posting limit).</p> <p>Create posts based on the following themes:</p> <ol style="list-style-type: none"><li>1. Challenge Journey: Share your reason for participating, your experience during the challenge, and your results after 30 days. (1 STAR point per post, maximum 3 STAR points)</li><li>2. Healthy Diet with Phyto Meal and NingXia Red: Share drink or breakfast recipes featuring these products. (1 STAR point per post, maximum 3 STAR points)</li><li>3. Power Your Day Moment: Highlight moments such as enjoying a healthy meal, exercising, or practising gratitude. (Maximum 2 STAR points)</li></ol>	8
Invite new Brand Partners to join the 30-Day Lifestyle Reset	Earn 1 STAR per new Brand Partner who purchases the Power Your Day Set during challenge period.	3

## How to Win the Challenge?

- Earn a minimum of 7 STAR points.
  - Complete all social media postings by 31 March 2025.
- Don't miss out on your chance to reset, recharge, and be rewarded – join the 30-Day Lifestyle Reset Challenge today!

## Prize Tiers

### EMERGING STAR STAR points: 7-10



Exclusive swag – Shaker

Worth RM80.00

### RISING STAR STAR points: 11-14



Exclusive swag – Shaker,  
Golden Turmeric Mango Rose 38.7g,  
Ginger EO Flavoring 5ml

Worth RM357.00

### SHINING STAR STAR points: 15-18



Exclusive swag – Shaker,  
Golden Turmeric Mango Rose 38.7g,  
Ginger EO Flavoring 5ml

Exclusive swag – Display Oil Case,  
Exclusive invitation to Wellness Retreat

Worth RM1,000.00