

February 2020

Find a new way to share your journey every day! Use the ideas below, or come up with your own, and tag your daily post with #NewMeIn90 for a chance to win one of our incredible giveaways!



#YLthemoreyougrow
and
#NewMeIn90

FIND YOUR STRIDE IN FEBRUARY!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<i>Want even more support this year? Join New Me in 90 and set a goal to carry you through the next 90 days. Visit Youngliving.com/NewMein90 to learn more.</i>		31 Add the New Me in 90 Core 4 Set to your ER order tomorrow!	1 Say see ya to temptation! Remove unhealthy snacks from your kitchen and post of pic of your new, healthy snacks!
2 Find your community! Seek out supporters by searching #NewMeIn90 on social media and share your story too!	3 Sweat it out for 30 minutes! Share your fitness journey so we can rally behind you.	4 What makes you smile? Post a picture of something you're grateful for!	5 Wake up to deliciousness! Share your favorite breakfast with #NewMeIn90!	6 Sweat it out for 30 minutes! Which workout are you starting to adore?	7 Set your sights high! Deodorize the air and get hustling with Cedarwood from this month's PV promo and tell us your favorite way to use it!	8 You've totally got this! A plateau isn't your body stopping its progress, it is making the previous changes more permanent. What keeps you motivated?
9 What oil do you diffuse for peace? Snag Ylang Ylang's serene scent with the PV promo!	10 Connect with old comrades! Share your #NewMeIn90 goals with friends you need to catch up with.	11 Sweat it out for 30 minutes! What's your best-kept secret for working out while traveling?	12 Trust your gut! Make healthy digestion a priority with Life 9®.* Share a pic of your bottle of Life 9 and tell us why you love it!	13 Cut the clutter! Spruce up your space so creativity can thrive, then grab our Digital Toolkit in VO Member Resources to re-affirm your goals!	14 Sweat it out for 30 minutes! What's your go-to way to get your heart pumping?	15 Do good in the world! Search #NewMeIn90 on social media and pay someone a sincere compliment.
16 Generate a game plan! What goals are you working toward this week?	17 Become a culinary innovator! Share a recipe using Vitality™ essential oils that you've tried or want to try during #NewMeIn90.	18 Start groovin' and movin' with music. What's your favorite workout jam?	19 Get this garden gem! Learn all about Palmarosa on <i>The Lavender Life</i> blog, then share how you like to use it.	20 Pay homage to your heroes! Post about those mentors who inspire you most with #NewMeIn90.	21 Expand your library! Tell us about a book you've read that inspired or motivated you.	22 Sweat it out for 30 minutes! Exercising is hard enough. Don't get bored—mix it up instead! What new exercise are you trying this week?
23 Take time for tranquility! Share a photo of your zen space or a video of your relaxation routine.	24 Fall into fantasy! Which book-inspired blend from <i>The Lavender Life</i> blog are you going to try first?	25 Spread the love! Send a text, email, or letter to someone who has impacted your life, then tell us how they inspired you.	26 Ignite your imagination! Which blend do you diffuse for a spark of energy?	27 Sweat it out for 30 minutes! How do you push yourself to take it to the next level?	28 You deserve an A+! Share the ways you reward yourself for progressing on your dreams on #NewMeIn90.	29 Happy Leap Day! Take a leap and try something new, and then tell us all about it using #NewMeIn90!

*These statements have not been evaluated by the Food of Drug Administration. Young Living products are not intended to diagnose, treat, cure, or prevent any disease.