

FEBRUARY | 2017

28 ways to invite love into your life

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			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				



GOALS

NOTES



WEEK 1

- WED 1** ◇ Share a delicious meal with someone you care about. (Bonus points if you use Vitality™ essential oils!)
- THU 2** ◇ Inspire romance by diffusing oils such as Ylang Ylang, Rose, Jasmine, Royal Hawaiian Sandalwood™, Acceptance™, or Sensation™.
- FRI 3** ◇ Send a note or card to someone you love.
- SAT 4** ◇ Cuddle up with a blanket and your favorite book or movie for a night in.

WEEK 2

- SUN 5** ◇ Write down 10 things you love about yourself.
- MON 6** ◇ Send a gift to someone.
- TUE 7** ◇ Make a favorite treat for yourself.
- WED 8** ◇ Start a gratitude journal.
- THU 9** ◇ Tell someone you love them.
- FRI 10** ◇ Go to lunch with a coworker or friend.
- SAT 11** ◇ Buy yourself some fresh-cut flowers.

WEEK 3

- SUN 12** ◇ Give yourself a manicure or pedicure.
- MON 13** ◇ Smile at others. This one is free!
- TUE 14** ◇ Share something uplifting on your social network.
- WED 15** ◇ Hug someone.
- THU 16** ◇ Wear your favorite essential oil blend as a personal scent, such as L'Brianté™ or Shutran™ blends.
- FRI 17** ◇ Give someone your time today and listen to what he or she has to say.
- SAT 18** ◇ Bring in treats to work.

WEEK 4

- SUN 19** ◇ Plan a nice evening for yourself.
- MON 20** ◇ Donate your gently used clothes to a local homeless shelter.
- TUE 21** ◇ Go on a walk with a family member, friend, or pet.
- WED 22** ◇ Plan a day of adventure just for you!
- THU 23** ◇ Draw yourself a bubble bath, add Lavender, and unwind.
- FRI 24** ◇ Replace your workout with a dance. Take a class or find a video online!
- SAT 25** ◇ Rub some Lavender oil on your feet before you get a full eight hours of sleep.

WEEK 5

- SUN 26** ◇ Plan a girls' night out with your favorite ladies.
- MON 27** ◇ Be kind to someone you don't know.
- TUE 28** ◇ Donate to a cause you care about.