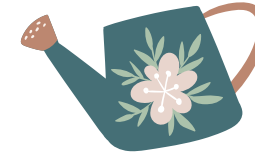




March 2020



#YLthemoreyougrow
and
#NewMeIn90

You're so close! Stay strong with your New Me in 90 goals and let these challenges propel you to success! Be sure to share your wins on social media!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Start your month with serenity. Walk in nature to recharge your mindset and share a photo of your experience!	2 Try something new. Visit <i>The Lavender Life</i> blog to find a new blend to diffuse.	3 Switch up your sweat sesh! Play your favorite sport for 30 minutes and share your win with #NewMeIn90.	4 Do you love JuvaFlex™ as much as we do? Tell your followers what you love about it!	5 Fuel your fitness with Protein Power Bites. Which YL products do you use to boost your nutrition?	6 Flex your mind with 30 minutes of exercise. Strike a yoga pose and share it on your page.	7 Snack attack Saturday: Post your healthy go-to snack!
8 Inspire others! Share your favorite quote or inspirational video.	9 Visualize your new you. Where do you see yourself in a year?	10 Feeling sore post-workout? See how others recover and share your favorite tips with #NewMeIn90.	11 Love the skin you're in. What's your favorite YL pampering product?	12 Fit flavor in your fitness. Add YL Vitality Drops to increase your hydration.*	13 Passion fuels purpose. Which YL wellness product are you passionate about?	14 Rest and recover. Take a quiz on <i>The Lavender Life</i> to find your recommended nighttime blend.
15 Serene Sunday: How do you get good sleep? Post your slumber secrets.	16 Put gratitude in your attitude. Create a gratitude journal and record your list each day.	17 Go green on St Patrick's Day. Share your favorite healthy green food with #NewMeIn90.	18 Tag in a workout buddy for your 30-minute workout. Post a selfie with your bestie after!	19 Spring has sprung! Visit <i>The Lavender Life</i> and find your favorite springtime diffuser blend.	20 Hit the reset button then sprint to the finish. Share how you recharge during the day.	21 Warm up for your workout. What are your favorite warmup exercises?
22 Go forward with gratitude. Share what you're most grateful for.	23 Be wise with your nutrition. Incorporate AminoWise® post-workout and share what you love about it.	24 Fit in 30 minutes of fitness! Do you prefer silence, books, or music to power you through?	25 Clarity™ essential oil blend can help give you the boost you need to push through the month. Why do you love Clarity?	26 Share the love! Search #NewMeIn90 and like or comment on someone else's post.	27 Get in the game! Share ways that you make your 30-minute fitness routine fun.	28 Fill your life with Inspiration™! Print a picture or quote that keeps you focused and fueled. Share with your followers!
29 Soak in serenity. Share which bath products you love to help you unwind.	30 Fit in 30 minutes of exercise. Tag the people who most inspire you to move!	31 Share your success! Use #NewMeIn90 to post your progress and fresh goals for a new chapter in your wellness journey.			Want even more support this year? Join <i>New Me in 90</i> and set a goal to carry you through the next 90 days. Visit Youngliving.com/NewMeIn90 to learn more.	

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