


# MY AROMA ROUTINE


なりたい私の新習慣


**MY OIL**


 My Signature Oil \_\_\_\_\_


**HOME**


 Entrance (Hallway) \_\_\_\_\_


 Living Room \_\_\_\_\_

 Kitchen \_\_\_\_\_


 Office \_\_\_\_\_


 Kids room \_\_\_\_\_


 Bathroom \_\_\_\_\_


 Bedroom \_\_\_\_\_


**ACTIVITIES**


 Sports \_\_\_\_\_


 Meditation \_\_\_\_\_


 Yoga \_\_\_\_\_

 Cleaning \_\_\_\_\_

 Date \_\_\_\_\_

 Travel \_\_\_\_\_

 Studying \_\_\_\_\_

 Outdoor \_\_\_\_\_


**FEELING**


 Relaxed / Peaceful \_\_\_\_\_

 Excited / Joy \_\_\_\_\_


 Energized / Fun \_\_\_\_\_

 Focused / Confident \_\_\_\_\_

 Angry / Jealous \_\_\_\_\_

 Fearful / Anxious \_\_\_\_\_

 Overwhelmed / Confused \_\_\_\_\_

 Sad \_\_\_\_\_

**TIME**

6 AM - 9 AM \_\_\_\_\_

9 AM - 12:00 \_\_\_\_\_

12:00 - 3 PM \_\_\_\_\_

3 PM - 6 PM \_\_\_\_\_

6 PM - 9 PM \_\_\_\_\_

9 PM - MIDNIGHT \_\_\_\_\_

MIDNIGHT~ \_\_\_\_\_

Please write down  
the YL products  
you wish to  
add to your  
Aroma Routine

## SEASONS

 Spring \_\_\_\_\_

 Summer \_\_\_\_\_

 Autumn \_\_\_\_\_

 Winter \_\_\_\_\_

