

# ESSENTIALLY YOU

## - 21 DAY CHALLENGE -

DRINK BODY WEIGHT  
IN OZ OF WATER



DIFFUSE AND  
GRATITUDE JOURNAL



WORKOUT

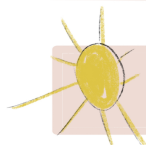


WASH FACE WITH FAVORITE  
CLEANSING PRODUCT  
\*CHARCOAL BAR,  
ORANGE BLOSSOM, ETC

EAT 3 CUPS OF GREENS



DROP OF YOUR  
POWER OIL ON YOUR HEAD



APPLY YOUR GLOW

2 OZ NINGXIA RED

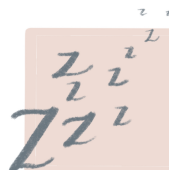
DRINK 3 CUPS  
LEMON WATER



APPLY HAPPY  
HORMONE OIL COMBO

ESSENTIALYZME  
BEFORE EACH MEAL

GET A GOOD  
NIGHTS SLEEP



PROBIOTICS

PERSONAL GOAL:

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APPLY EATING  
GOALS

# #essentiallychallenge