



# Take THE 30/30 SPRING Clean-Cleanse CHALLENGE



 STARTS THU, MARCH 8 2018 6 PM MT



- 
- 
- March 8, 2018 ..... **Get Ready for Spring Cleanse:** Introduction to our 30-Day Challenge, tips to empower you to succeed
  - March 15, 2018 ..... **Empowered Success:** Check in, review the wellness pyramid, importance of support system
  - March 22, 2018 ..... **Spring Cleaning--**Reduce toxin load by using essential oils to cleanse inside our homes and other indoor spaces
  - March 29, 2018 ..... **Mid-term Empowered for Success:** Check in, essential oils to help motivate, manage moods, boost energy . . .
  - April 5, 2018 ..... **Sprint to the Finish:** Check in, and essential oil spotlight featuring the doTERRA Product of the Month
  - April 12, 2018 ..... **Wrap and Challenge Results:** final check in, strategies for lifestyle change, share your successes and challenges