


SIMPLY the wellness *blueprint*

from the wellness place

Finding wellness in a busy, overwhelming world *without*
giving up our coffee/wine/chocolate,
so that we can *fully* enjoy & embrace **LIFE** with
EXCITEMENT and FULL VITALITY.

A woman wearing a pink long-sleeved shirt, a dark baseball cap, and sunglasses is smiling. She has a backpack and a hydration pack on. She is standing in a shallow stream with rocks and autumn foliage in the background.

We really can...
have it all!



Hello Wellness Explorer!

Woohoo!!

Welcome to the "should-free" zone!

(You know, "I *should* exercise." "I *should* eat better." "I *should* meditate." Whatever you are shoulding on yourself! :-))

CONGRATULATIONS on taking this step.

You are about to embark on something that might be super new for you - enjoying taking care of you! (And your family and home!) AND letting go of judgment around the things you ENJOY that perhaps you thought were "bad" for you - yep, quotes on that one since that's a judgment and since we are a "should-free" zone, that means no judgment, too!

We want you to KNOW you are doing the very best for your family, your home and YOU!

You are ready - that's why you got this far.

Let's do this thing...together!

Peace & miracles,
The Wellness Place

Young Living

Essential Oils & Essential Oil Infused Wellness Products

Our Brand Partner

Why Young Living:

Look, we understand feeling overwhelmed when it comes to wellness - so many products, so many starting points, and often so much money!

Gack!

Between those of us who started The Wellness Place, we have over 100 years of wellness research, experience, education among us. We are parents (we all know parents can practically have a medical degree!), school teachers, coaches, doctors, chemists, Yoga Teachers, wellness-warriors. We have all been seeking optimal wellness for decades.

We fell in love with Young Living after tons of research (and now years of experience). It was refreshing to find ONE company that did so many things AND made huge differences in our lives.

We will be sharing our stories to you over the coming months but feel free to reach out if you want to find out if these products can specifically help you. While you are welcome to much of what we do without buying Young Living products, when you do purchase through us, you will also become part of The Wellness Place with even MORE goodies!

We are here to support you on your journey.



SIMPLY

the wellness podcast

Along with this planner, you get our amazing podcast to guide you through the steps.

(We pinky swear we make this SUPER EASY for you!)

You can link to the episode through the link in this planner OR subscribe to the episode wherever you listen to podcasts.


We are adding to the podcast every week with great content to support you on your wellness journey.

You can find our podcast everywhere.

Find direct links here: <https://anchor.fm/simplytwp>



This symbol represents a podcast for you to listen to for more information. You can find the podcast on any of your podcast platforms. Please take a moment to find it and subscribe!



#1

Let's start by talking
wellness.

First, let's agree on a definition of
wellness:

We see it as a verb, not a noun.

It refers to what we can DO,
actions we can take that affect
our well-being. While our
HEALTH may not be entirely in
our hands, our WELLNESS is:

Def'n: WELLNESS

| v. |

Actively working toward health & vitality
on all levels of our being:

Physical + Mental + Emotional + Spiritual

Maximizing energy, vibrancy, vigor.

But WHERE to begin?
Or take the next step?
Therein lies the challenge...
So let's get started!



REMEMBER: This symbol represents a podcast for you to listen to for more information. You can find the podcast on any of your podcast platforms. Please take a moment to find it and subscribe!

Click to listen: [Podcast Episode #1](https://anchor.fm/simplytwp) (<https://anchor.fm/simplytwp>)

Episode #1: 3 Surprising Reasons We Don't Do What We Think We Should Do

First things, first, let's consider WHY we might not be taking the steps we know we need to take. We all do it! We have those things we feel we "should" be doing. (There's that should word again!)

Here's where we begin to make wellness FUN rather than a disciplined chore. Intrigued? We hope so!

Listen as we share 3 reasons we didn't even KNOW were holding us back! #3 is a game changer!

notes

#1

do you do this?

#2

do you do this?

#3

do you do this?

#2

Simply
the basics.

We have THREE steps EVERYONE needs to start with. These 3 steps affect every level of our being and will undermine anything we do to try to improve our health & wellness.

These are so important, we have 4 podcast episodes dedicated to them:



Episode #2: Wellness Basics: Where EVERYONE Needs to Begin (Yes, Everyone!)

No matter what your goals, trust us, you need to start with these three things:

We all need to do these three things & we want to make it super easy for you! Are you ready?

These three steps are crucial for all and the crux of our system. No matter what your goal, start here:

Click to listen: [Podcast Episode #2.](https://anchor.fm/simplytwp)
(<https://anchor.fm/simplytwp>)

the 3 steps:

#1

#2

#3

Simply *basics*



Episode #3: Step One: OUT with the BAD: Cleaning Up Our Homes

Our homes (especially in the US) are filled with toxins that effect every system in the body and undermine the good things we are doing.

Think of it this way: When toxins go into your body, your body has to fight them, your immune system works overtime, your body uses precious energy against the toxins rather than using that energy to build you up.

Listen to the podcast to learn a great, easy, and inexpensive way to get started.

Click to listen: [Podcast Episode #3](https://anchor.fm/simplytwp)
(<https://anchor.fm/simplytwp>)

notes:

harmful vs safe vs _____

products to start with:

Simply *basics*



Episode #4: Step Two: IN with the GOOD: Filling Our Bodies with Goodness!

Our bodies need nutrition in order to function to full capacity. But it's really hard to get a well-balanced diet in our current hectic climate AND even if we do, our food isn't as nutritious as it once was.

Add to that supplements that aren't absorbed well into our bodies (read: we pee them out), and we have a recipe for disaster!

Yes, there is a good place to start! Listen to the podcast for more.

Click to Listen: [Episode #4](https://anchor.fm/simplytwp)
(<https://anchor.fm/simplytwp>)

notes

products to start with:

Simply *basics*



Episode #5: Step Three: Find BALANCE: Learning to Handle Our Stress


While true balance is bogus - you can never balance things perfectly - you do need to balance stress in your life at least a little.. Stress is similar to toxins - it can negate all the good you are doing.

We ALL need ways to handle our stress - Laura will share how in this episode.

Click to Listen: [Podcast Episode #5](https://anchor.fm/simplytwp)
(<https://anchor.fm/simplytwp>)

notes

products to start with:



#3

Where are you now?

*And where
do you want
to be?*

Wellness begins where you are..

Take some time to reflect on where
you are right now on your wellness
journey.

Be sure to think about where you are
doing well, not just what needs to be
improved.

Then consider where you want to go:



Episode #6: Discover Your Needs (They Might Not Be What You Expect!)

It's time to take an honest look - don't worry, we will be gentle! :-)

AND then figure out where you want to go!

GOT JUDGMENT? We get it! Sometimes it is hard to be honest about where we are. Deep. Breath. We are a judgment-free zone so if you are struggling here, we have a special podcast episode just for you! Check out Podcast #9. You're welcome!

Click to Listen: [Podcast Episode #6](https://anchor.fm/simplytwp)

(<https://anchor.fm/simplytwp>)

CONSIDER:

Physical, mental, emotional

Any health concerns?

Sleep?

Energy?

Focus?

Digestion?

Va va voom?

Immunity? Allergies?

Do you move your body easily?

What are your stress levels like?

where are you now?

What are your *thoughts*?

are you going up? or down?

where do you want to be?
(And I mean really, really, really want!)

What are your *thoughts*

Is what I want based on love or fear? (circle one):
If you circled fear, work with it & rewrite it::

What are your *goals*?

So....where do you want to go?



Episode #7: Let's Get You Where You Want to Be! Setting Goals Strategically

We need to set goals - because you need to know where you are going. Let's talk about how to set a goal that you will reach - it's not just about knowing where you are going, you have to know how you will get there!

Click to Listen: [Podcast Episode #7](https://anchor.fm/simplytwp)
(<https://anchor.fm/simplytwp>)

S:

M:

A:

R:

T:

Beyond SMART:

What is your why for this goal?

Is it in the positive? If not, rewrite it!

2 kinds of goals:

Simply *solutions*

Check out more ways Young Living can help you:

You just might be surprised in all the ways these products can help you!

Here are a few...click to learn more about each one:

SimplySerendipityCentral.com/Solutions

Check the ones you want to work on:

- ☐ Energy
- ☐ Better Focus | Less Brain Fog
- ☐ Relaxation
- ☐ Sleep
- ☐ Rockin' Immunity
- ☐ Anti-Inflammation
- ☐ Everyday Body Tension
- ☐ Happy Digestion:
- ☐ Stay Happy Oils
- ☐ Non-Toxic Cleaners
- ☐ Non-Toxic Skin Care
- ☐ Non-Toxic Make up
- ☐ Va Va Voom in the Bedroom
- ☐ Keeping Acidity at Bay
- ☐ Manifesting Oils

What are your *goals*?

What are your 3 greatest priorities & the products that will help?

(Note: It's okay to have only 1 or 2, but no more than 3.

We can tackle more going forward but you don't want to get overwhelmed.)

#1

goal:

products & actions:

#2

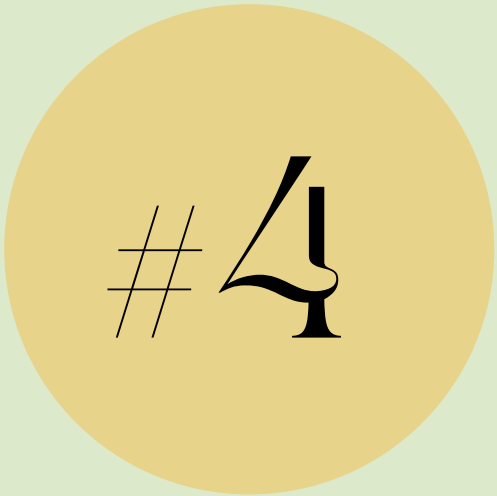
goal:

products & actions:

#3

goal:

products & actions:



#4

Let's plan our
next steps.

Let's plan your next steps...

It's time to put together your next orders.

Need help?

We can totally help you out! Just send us
an email:

SimplyTWP@gmail.com

3 months of *orders*

Start with the BASICS then move on to your specific goals.
Contact us directly to get personalized support: SimplyTWP@gmail.com.

Be sure to order on Loyalty Rewards:
(Read more here: <https://simplyserendipitycentral.com/loyaltyrewards>)

#1

my goal:

my products:

#2

my goal:

my products:

#3

my goal:

my products:

loyalty *rewards*

Did you know...

When you order a minimum of 50pv (about \$50) every month, you get points back toward FREE products AND extra free products.

Month 1-3: 10% back

Month 4-23: 20% back

Month 24+: 25% back

...a 25% return! Imagine a credit card that had that kind of return!
(From Laura: Actually, I also use a credit card that has rewards, too.
Feels like I'm double-dipping! :-))

We like to use our points for fun, dream products..
Find YOUR dream products and add them here!

#1


fun product

#2

fun product

#3

fun product



#5

Ready for
success?

You DO need to succeed!

And there are a few helpful ways
to support you!

Ready for *success*?

There are ways to ensure success!



Episode #8: 5 tips for When You Want to Quit - You need a PLAN for Failure!

We ALL know simply setting goals isn't enough. You need MORE to make sure you go the distance. Here are some points to help. Take a moment to really think these through. We promise it will make a HUGE difference in your success! Listen to the podcast to let Laura talk you through each one.

Click to Listen: [Podcast Episode #8](https://anchor.fm/simplytwp)
(<https://anchor.fm/simplytwp>)

notes

#1

Life is not black & white

#2

Accountability

Ready for *success*?

#3

Remember your why!

#4

What's your plan?

#5

What does "everyday" mean to you?

Join SIMPLY :: the wellness place!

We so hope you have enjoyed this series and you are ready to become one of us! :-)

We would love being accountability partners with you AND help guide you on a powerful, personal wellness journey.

All you need is a single purchase through our referral link here OR through a referral link of someone who is already a member of our community.

That's it!

Follow S I M P L Y

Podcast: SIMPLY: the wellness place
All Links: <https://anchor.fm/simplytwp>

Blog: SimplyTWP.com/blog

Instagram: [@Simply_thewellnessplace](https://www.instagram.com/Simply_thewellnessplace)