

Your lōve story in two or three sentences

Everyone who lasts in this craft has a love story: the moment something you tried actually did something for you. Yours is yours, and nobody can make it up for you. This is where you put it on paper.

1 Which product? The oil, blend or product it started with for you. One name is enough.

2 Which moment? Where were you, who was there, what were you doing just before? The more concrete the chair and the table, the truer the story.

3 What did it do to you? No illness, no diagnosis. Only what happened inside you, in your own words. "I felt...", "I thought...".

MY LÖVE STORY IN TWO OR THREE SENTENCES

THIS MONTH'S TASK

This week, tell these sentences out loud, once, to someone you know. No offer, no link, no question tacked on. You're only telling what happened to you.

How to support your builders with this

Whoever doesn't dare hasn't yet answered the question "why me?". You can't give that answer; you can make the space where someone finds it for themselves.

- 1 **Go first.** Tell your own love story before anyone else, in the team group or at the leaders' meeting, in two or three sentences, no polish. Your behaviour is the training material.
- 2 **Ask one question.** "Which product was it for you, and what did it do?" Then keep quiet. The silence does the work.
- 3 **Correct nothing.** No better words, no striking out claims (do that later, separately). Right now the only thing that counts is that someone says it out loud.
- 4 **Let them hear each other's stories.** In the team group, or read them out. Whoever knows the others' stories knows what the team belongs to.
- 5 **Ask for one name.** Who is each person going to tell this week? One name, not a list. Ask about it the week after.

What to expect

- **"I don't have a love story."** They do; ask about the first time a product really did something. It often starts small.
- **"I'm not that healthy myself."** The love story isn't about being fit; it's about the moment something touched you. A less-than-perfect example invites more often than an ideal.
- **"I don't dare."** Gillian Sandstrom's research shows a conversation nearly always goes better than the fear beforehand. Telling it once is the whole exercise.

THE GROUND RULES

No claims about health or income, not even inside a love story. Nobody is obliged. And team actions are discussed at the leaders' meeting, not on team night.

Who you're becoming

Your love story is the moment something touched you. Your identity is who you become because of it. Turn your story into one sentence in the present tense: who am I now, and what do I do for others because of it?

THIS IS HOW THAT SENTENCE SOUNDS FOR ME

"I'm a Wellness Advocate with doTERRA. I live my life deliberately and create my own flow, and because of that I help others build a healthy lifestyle into their everyday and use doTERRA's products purposefully along the way."

Short, for saying out loud: "I'm a Wellness Advocate with doTERRA, I live my life deliberately and I help others do the same."

MY "I AM" SENTENCE

Why you need a scent for this

Of all your senses, smell is the only one that takes no detour. What you see and hear first passes a switching station deep in your head, the thalamus. Scent skips that station and arrives straight in your limbic system, where emotion and memory live: in an instant it reaches your amygdala, which colours your feelings, and your hippocampus, which holds your memories. That's why a single scent can drop you back into a summer from years ago in a flash. Link a scent deliberately to your "I am" sentence, and your brain stores that link fast and deep. That's scent anchoring.



Scent travels through the nose straight into the limbic system (gold): amygdala and hippocampus.

Four steps, every day, two minutes

This is how you install your “I am” sentence so deeply that you no longer need willpower for it. The recipe from the chapter “Who you’re becoming”, with Fearless as the anchor.

- 1 Visualise.** Close your eyes and, for a moment, be the version of yourself in your sentence. How do you walk then, how do you talk, how do you breathe? Be that version now, as if it's already so.
- 2 Write.** Write your sentence in the present tense, in the box above. Watch your everyday language too: “maybe I could” is a different person from “I want”.
- 3 Anchor Fearless to a fixed moment.** Pick one moment that's already there every day: in the car, after brushing your teeth, with the first cup of tea. Roll Fearless on your wrist and over your heart, breathe in deeply, and say your sentence out loud, right there. Every day at that same moment.
- 4 Say it.** Exaggerate, sing it if you must, until you have to laugh, because what you can say laughing, you nearly already are. After a few weeks the scent brings the sentence up by itself, right before the conversation you'd have avoided.

THE SCENT DOESN'T DO THE WORK

You do the work; the scent remembers it for you. That's why Fearless belongs to your anchor moment and not in your bag for emergencies: the anchor only holds if you set it every day.

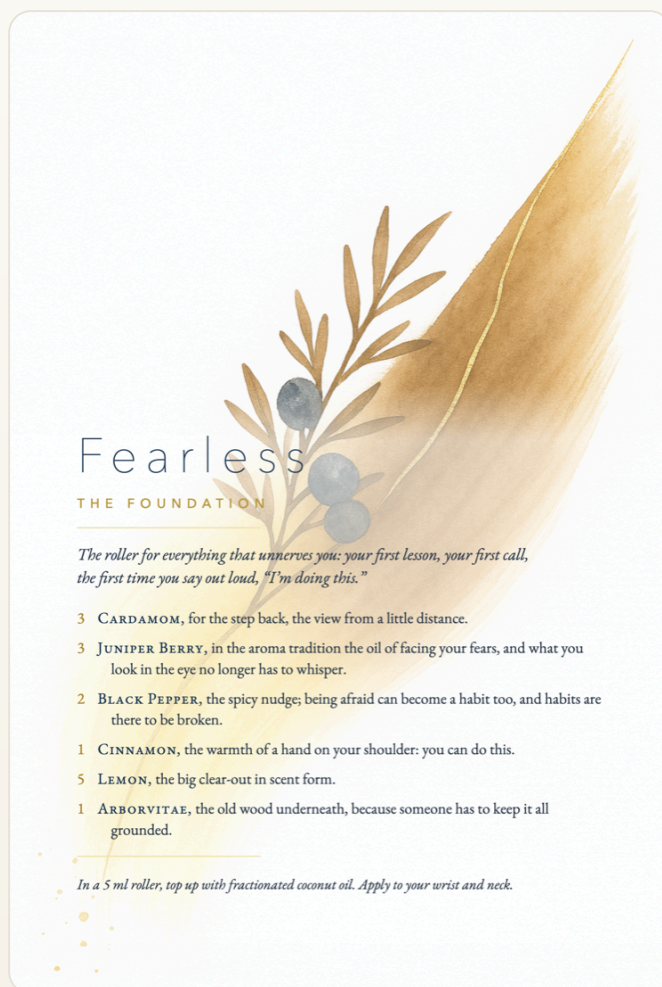


Fearless, the foundation

The roller for everything you find daunting. The recipe from the book, and the moments you reach for it.

Moments to use Fearless

- **Your fixed anchor moment**, every day, with your “I am” sentence out loud.
- **Just before you tell someone your love story**: wrist, nose, three breaths, then the first sentence.
- **Before an invitation or a call** you’ve been putting off for three days.
- **Before your first class or workshop**, in the car in the car park.
- **When you have to name a price** and would rather talk around the question.
- **After a no**. Not to wipe it away, but to pick up the next name.



from **Tanja Thielen** · author of Grōw

for everyone building with essential oils · **share this guide on WhatsApp or Telegram**

All eight recipe cards, rank by rank, are in the appendix: your-good-life.com/grow/appendix