

# Be Prepared Anywhere - On the Go

## Post 1: Welcome

- Introduce yourself and welcome them to the class.
- Talk about the importance of being prepared for anything no matter where you are.
- The full script can be used for inspiration, but what do YOU take on the go? What's in your purse, in your bookbags, in your travel bag, in your car? Make it personal. Show them that you use these oils too.

## Post 2: Before You Leave the House

- A morning routine is key to starting your day off right. What does yours look like?
- NingXia Red, Master Formula, Super B. Down the hatch they go. What's so good about these staple supplements?
- Valor Roll-On can help give you confidence as you start to tackle your day. Any other oils that might be good as you're about to leave the house?

## Post 3: In Your Purse

- Everyone's purse looks different, but it's guaranteed that there's something in there to help you and others get through the day. Have fun and talk about all the different types of purses you've had over the years.
- Stress Away Roll-On, NingXia Nitro, Thieves Hand Sanitizing Wipes - share a little bit about why these would be good to keep on you as you're out and about. It doesn't have to be long paragraphs about each, just give them the rundown of what they do and why you like them.
- What other Young Living things/oils do you keep in your purse? Let them know!

## Post 4: In Your Car

- Get creative in describing your car rides - either with the family or on your travel to and back from work. Funny and creative descriptions can help keep people interested.
- AromaEase is the backbone of any car ride where someone might start to get motion/car sickness. Talk to them about the blend and also how you can use it. Any tips on how to get the aroma all throughout your car - both with and without a car diffuser?
- Give them some options on things they can drink instead of grabbing a soda. Young Living's Vitality Drops + Energy are great, plus don't forget that NingXia Nitro in your purse!

## Post 5: In Your Book Bag

- This one is for the kiddos. If they had their way, their book bags would only have their books and crumpled up paper in it, but it's up to us to make sure they have what they need.
- Let them know that some schools can be tricky on what they allow to be used, but these are some good options for a kid's book bag: Brain Power or KidScents GeneYus Roll-On and a Thieves Hand Sanitizer (the small ones). Talk about all of those and how to use them.
- What do you put in your kids' book bags or what would you?

## Post 6: In the Outdoors

- Camping, hiking, and anything outdoors calls for an arsenal of products at your disposal. Talk about a funny experience you had outdoors.
- Insect Repellent Wipes, Lavender, Mineral Sunscreen, and LavaDerm After Sun Spray are all staple products for spending time outdoors. What's so good about them? Why are they better than their traditional counterparts?
- What other oils and products do you like to have with you? There aren't any wrong answers here. You can even talk about picnics if you want and how having DiGize or TummyGize on hand would be great.

## Post 7: At Work

- Work. Your home away from home. Being prepared for all the things is essential for surviving the work week.
- Clarity is a great focus blend. How can they use it? Does your work or their work allow diffusing in their work area? If not, what about a roll-on or just having the bottle and inhaling the aroma straight from it?
- AlkaLime Sticks are great to keep in a desk for lunchtime or any time your stomach gets upset. How do they work? Give them a breakdown.
- Don't forget, that Stress Away Roll-On is in your purse, so use it when needed!

## Post 8: At a Hotel

- Share a funny or entertaining hotel experience you've had on a trip, or talk about hotels in general and why you need to make sure you have things on hand in order to survive the stay.
- Thieves Wipes on everything. As much as the staff might clean, using the natural power of Thieves and getting a safe, sanitary clean on all the things will be best for you and your family.

- For sleeping, because it can sometimes be a struggle to sleep in a place that isn't your own home, try some of these: KidScents UnWind (for the kids), RutaVaLa Roll-On, SleepEssence, or ImmuPro. What other things would you suggest?
- Doesn't hurt to mention DiGize or TummyGize or even AlkaLime Sticks again for those hotel meals.

## Post 9: On a Plane

- Oils on a plane? It's not only possible, but encouraged. Even with the restrictions, if you travel with quart size bags and store them in the proper ways, you can take what you want and need with you.
- What do you like to travel with? People love to hear our own personal experiences and preferences.
- So many things that could be recommended. Thieves Hand Sanitizing Wipes, Peppermint, Valor or Peace & Calming. What else? Talk to them about using smaller amounts as to not overwhelm the passengers around them, or tricks on where they can apply them.
- You can also mention the Bon Voyage Travel Pack from YL if they travel a lot. Makes it easy to transport everything.

## Post 10: Make Your Own

- Everyone has different needs, and since oils work differently for everyone, sometimes the only answer is to become a mad scientist and make your own custom rollers and items.
- Share some of your favorite custom roller bottles from Etsy or wherever you get them, and then give them some recipes that YOU use for different on the go scenarios. Do you like to make your own outdoor spray or combination sunscreen with Citronella? Give them all the tips.
- This is where you let them know that you'll help them if they need ideas for custom rollers or things for on the go. They're not alone! This will be encouraging to them as they begin to explore this side of essential oils.

## Post 11: Questions?

- Thank them for coming to the class.
- These were simple tips, but let them know you can answer any questions they might have and you can help them find things that meet their needs as they go out and about.