

Be Prepared Anywhere/On the Go Class Script

POST #1: Welcome

You remember the simple things we learned as kids. For instance, what is it that the Boy Scouts and Girl Scouts always taught? Be prepared. Well, and eat some cookies. ;) Finding and using oils and having them at the ready no matter where I am has me feeling like the scout with all the badges, Dr. Mom, and MacGyver all in one. So let's talk about some of the ways to be prepared for all the things.

POST #2: Before You Leave the House

"The best part of waking up, is" NingXia in your cup. Or your shot glass. Starting the day off right is super important. Drinking NingXia Red doesn't mean you gotta skip the cup of coffee or drastically alter your morning routine, but it does help boost it. I like to add a drop or two of Thieves Vitality for a little extra immune boosting power and to add a bit of spice. If I can do all the things at once, like taking my Master Formula and Super B at the same time I'm throwing my NingXia shot down the hatch, that gives my body what it needs. A swipe of the Valor Roll-On for confidence and calmness and I'm ready for whatever the day throws at me.

POST #3: In Your Purse

You remember your grandma's purse? The big one with cinnamon candies, Sucrets, and enough change in it to buy all the kids in the world a piece of candy. But she always seemed to have anything you needed. Purses come in all shapes and sizes now, but they also have those handy little pockets and loops and places to stash things we need. Here are a few things I keep in my purse so it's like a one stop shop. Stress Away Roll-On, because people. NingXia Nitro so I can quickly gain energy to finish up my to-do list (and also, because people). Plus, the new Thieves Sanitizing Wipes because as they say, "Jesus and germs are everywhere" so I'll say my prayers and I'll wipe down all the surfaces and carts and hands with these wipes. Jesus can take the wheel while I'm wiping down all the things.

POST #4: In Your Car

There are days where it feels like I live in my car. Always something to do. Always going somewhere. Even when I love driving, it can still take it out of you. Road trips or long car rides to work can kinda get the stomach feeling a little upset. Especially if you get more people in the car. Being packed in like sardines changes everything. And if you've got kids, you know the struggles. Remember that Stress Away Roll-On in your purse? Use it. For stressful things in the car and rush hour traffic. I like a good car diffuser too. AromaEase in the car diffuser is a nice mix of invigorating and lifting spirits and also keeping nausea and motion sickness at bay. If you don't have a car diffuser, there's the old trick of folding up a paper towel or napkin and putting a few drops of the oil on it and then wedging it into the car's air vents. I love little hacks like that.

Oh, I also can't be in the car for more than 5 minutes without having something to drink. Instead of grabbing a soda or energy drink, or drinking just plain water, I like to keep those

Spearmint Tangerine Vitality Drops + Energy. Natural energy and so tasty. I've always got my water bottle with me, so just a squeeze in and a quick shake and I'm good to go. If you really need the hydration, the regular Vitality Drops have electrolytes, so grab the bottle you need before leaving the house so you can have it handy.

POST #5: In Your Book Bag

This one can be a little trickier, depending on the school or class setting, but being prepared for school? It's a must. Grab your kiddo's bookbag and find the space for a few things to make it all easier for them. It's all about finding the right focus oil for your kid. Whether that means popping a roller top onto a bottle of Brain Power or getting the GeneYus Roll-On (this is pre-diluted, so it's perfect for kiddos), just swipe it behind the ears and on the temples and wrists for extra focus and staying alert. It's really helpful on test days. Plus, because germs, keep one of the small bottles of Thieves Hand Sanitizers in that book bag and keep your hands clean. Keep your kiddo prepared to do their best and have a great day at school!

POST #6: In the Outdoors

Camping is such a special experience, especially with family. Fresh air. Disconnecting from technology. Bugs. Well, maybe not the bugs part. But I like to be uber prepared for camping. All the sleeping bags tightly rolled and ready. Snacks and more snacks. Easy meals. And my camping bin and backpack look like a small store with anything and everything we'll need. Here's the Young Living things I personally make sure are with me in the great outdoors.

- Insect Repellent Wipes: because bugs.
- Lavender: burns, scrapes, sneaky pollen. Plus, if anyone gets anxious from scary sounds in the woods, this can help calm them.
- Mineral Sunscreen SPF 50: the mean sun.
- LavaDerm After Sun Spray: because sometimes I forget to reapply the Mineral Sunscreen.

There are normal things I always have with me like DiGize or TummyGize for stomach issues, but I also let my kids and husband pick their favorite sleep oils at the moment to bring with. Always prepared. Like a dysfunctional troop of scouts.

POST #7: At Work

It would be nice to have a bottle of wine with you when you go to work, but for some reason that's frowned upon. That's okay though, the oils got us covered. I like to make a custom roller blend for work. Mainly for focus but also motivation and to stay energized. 8-10 drops of Clarity with 4-5 drops of Peppermint, then fill the rest of the roller bottle with carrier oil and roll that behind your ears and on your wrists before work and at lunch time. Focused. Energized. Motivated to stay on task. Your boss will want 20 of you and they might even ask for their own roller. ;) And since lunch is always up in the air at work – takeout, fast food, or brought from home? No one ever knows. I like to keep AlkaLime Sticks in my desk so I can mix it with water and either settle an upset stomach or keep the pH balance right so it doesn't get upset. Plus, it's got a mild, pleasant flavor and helps me stay hydrated more, because let's be honest, we don't always remember to drink water at work. AlkaLime is refreshing too, so it's a win all around.

POST #8: At a Hotel

Hotel rooms always remind me of CSI and horror movies, even the nice ones. Maybe that's too much TV or maybe it's just the nature of what they are, but I am always ready to make sure no one catches cooties while on my watch. My secret? Thieves Wipes. All the counters, the toilet, the handles, desks, side tables, all of it, it all gets wiped down. Then we can get everything else in there and make it our little home away from home. And since we're mostly there to sleep, I make sure I have all the heavy hitters on deck. KidScents Unwind helps the kids calm down and actually feel ready to go to bed instead of asking to go back out to the pool 32 times. RutaVaLa Roll-On will have all of us sleeping well. Just roll it on the bottom of the feet and voila! Night night time. But if someone is really struggling to sleep, I make sure to break out the SleepEssence or the ImmuPro. ImmuPro gives that added immune support boost, so that's usually the choice, but SleepEssence definitely does the trick when someone is having a hard time counting sheep. After that, it's just making sure the Thieves Wipes are handy for any messes. Easy peasy hotel life.

POST #9: On a Plane

"I'm leaving, on a jet plane, I don't know when I'll be back again." Something tells me the writer of that song didn't get a round trip ticket. Probably didn't have to put anything in a quart size bag either. ;) I've found I need a couple comfort items on planes, just so I'm ready to fly. Those Thieves Hand Sanitizing Wipes I mentioned before? They are on my carry on or purse, guaranteed. Germs don't disappear at a certain altitude. Plus, airports get a lot of traffic in the. A lot of people. So many people. If it was feasible to get a whole Thieves mist shower over me while I traveled, I would do that. Unfortunately, that's "not possible" or something. So, the hand sanitizing wipes will do. The regular wipes are good too for cleaning down any and every surface.

I also like to bring a bottle of Peppermint for a few reasons. It's good in case any of the airport food upsets my stomach, because DiGize is a really powerful aroma that might draw more complaints than a minty fresh aroma. It's also good for sniffing straight from the bottle for motion sickness or if you're trying to stay alert and get some work done on the flight. You can bring other oils too. If you're gonna sleep? Valor or Peace & Calming are good options. Also, if you're going somewhere where you need those travel size shampoos and conditioners and body washes and you want something that shows your love for YL, they make a Bon Voyage Package that's all about being able to travel with your YL products. If you travel a lot, it's definitely worth looking into!

POST #10: Make Your Own

Sometimes there's not a one size fits all product for on the go. Some of those crazy blends we use at the house – because I know I love to experiment until I find the perfect blend for me – start making those mobile. There are SO many cute roller bottles on Etsy, or labels you can put on them, which lets you make a custom roller for travel or work or school or anything. Prepare them specifically for you, your kids, your spouse. For me? I need Valor in my life almost everywhere I go, so I'll use that as a base for a calming blend for peopling, or a confidence blend for work, or a sleep blend for night, and I'll adjust each roller with different

accompanying oils. Custom blends are fun but also really helpful to help you get the best results. Spearmint is another good one to make a blend for the car for anyone who gets motion sick or for helping with upset stomachs (it's gentler than Peppermint, so maybe better for kids). Just add your oils and then fill the rest with carrier oil and you've got little arsenal of rollers to take with you wherever you go to be prepared for whatever life has for you.

POST #11: Questions?

Are there any other places you go that you might want to get some suggestions of Young Living oils or products you can take with you so you're prepared? Let's talk about it! Maybe you've got a trip coming up and you've only got certain oils with you. Tell us what you have and we can come up with a great plan for you. I'm happy to answer any question I can and help in any way!