21 days of affirmations and oils.

There are 21 affirmations and 21 single oils or doTERRA oil blends in our challenge, (1 per day).

Why oils and affirmations?

When you pair an affirmation with an essential oil it creates a powerful synergy:

1. As you inhale the oil, it triggers specific brain areas related to emotions.
2. Repeating positive statements reinforces your mindset.

How to print affirmation cards on Avery.ca

1. Purchase (online or from Staples) Square Business Cards, 2 sided printing, white, clean edge, 2.5"x2.5". **#35702**
2. Go to **Avery.ca** and create an account if you don't already have one.
3. Touch on the "Start Designing" green button on the right.
4. Enter the template number 35702 above.
5. You want "both sides" printing.
6. Choose the blank template (you're going to add the images I created).
7. Choose the "edit one" image so that you can add all the affirmations individually. **(this is important)**
8. Touch on "front of card" and then add your side 1 image you have saved on your computer.
9. Touch on "back of card" and add your side 2 image.
10. To add your second affirmation card (front and back), go to the next square and do the same thing.
11. When you run out of that sheet, add an additional sheet (be sure you are only editing **one** at a time).
12. Do this with all 21 days of affirmations (front and back).
13. Touch "preview and print". Be sure to look at your pdf before printing.
14. Add your card templates to your printer and follow the instructions.
15. Print on high quality and black and white (I created the minimal black and white to keep them looking clean).

Good luck! I hope you enjoy them. Kelxo
If you need assistance at all, message or text me: **780-814-9663**
www.kellietimmins.com