

**dōTERRA form by AYLA REAL HEALTH**

1. How is your physical state? Any physical priorities such as losing weight, bad skin conditions, shallow sleep ?

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2. How is your emotional state? Any emotional imbalances, fear or anxiety issues, sadness or are you going through a stressful time?

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3. How are your relationships? Any specific topics you would like to solve or optimize or change?

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4. How is your spiritual practice? Is there a good connection to yourself, your surrounding, or do you need some more clarity, insight or vision?

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