



# Puzzled By Priorities

4 weeks of group coaching for young professionals who need help organizing their day to better align with their goals.

Every Tuesday, starting April 11th at 8pm EST on Zoom until May 2nd

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I'm Jess - A Certified Health & Life Coach! I help young professionals get their sh\*t together through my signature, Own Your Life program!

[Scan the QR Code](#) to set up a Discovery Call or contact me at 954.292.5114 or [coach.jessdiamond@gmail.com](mailto:coach.jessdiamond@gmail.com)



1. Below is a list of 8 categories - make notations as to how each area currently shows up in your life and then rate it on a scale of 1-10 with how important it is for you to have in your life right now. (10 being so important)

Nutrition

Physical Health

Sleep

Self-Care

Career

Finances

Rating:

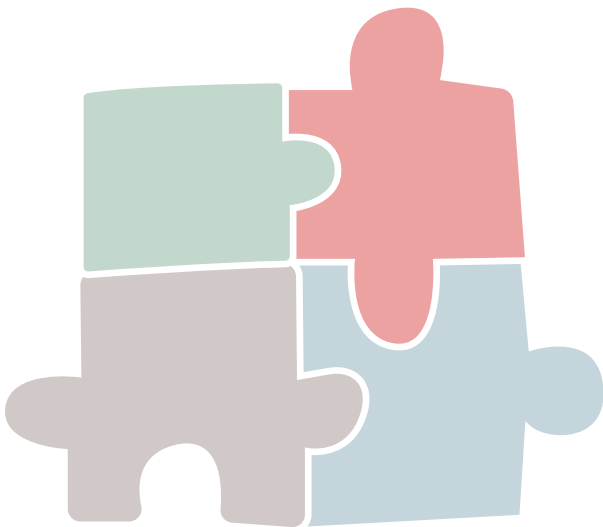
**Rating:**

**Romance**

**Relationships**

**Education**

**2. My Top Four Non Negotiables:**



**3. Which 1 of the 4 is going to be your primary focus this week?**

**4. How are you going to make space for this category over the next 7 days?**

**Optional: Notes for how the week went**

Some things to consider - mood, energy, honoring your yes's and no's, was it easy or difficult, did it begin to incorporate another category?