



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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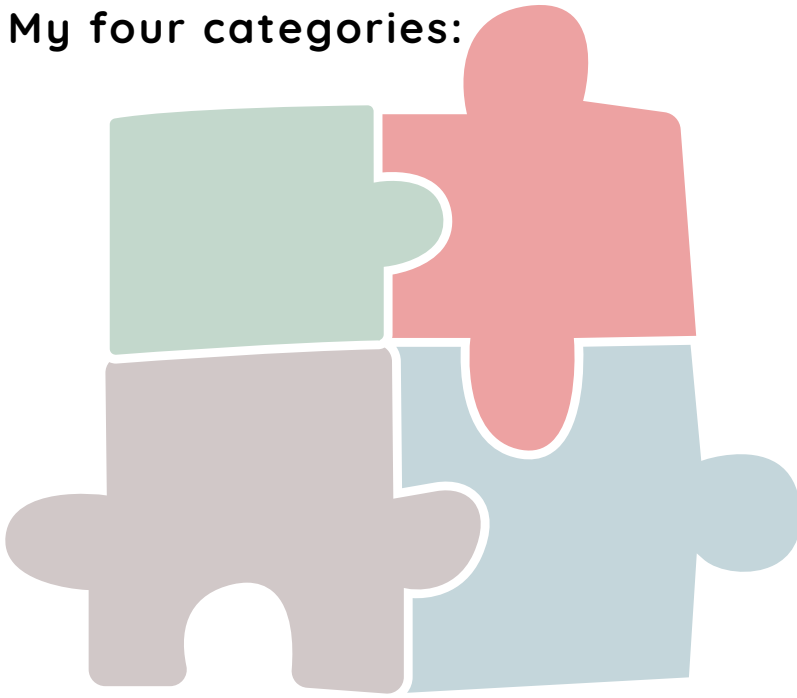


I'm Jess - A Certified Health & Life Coach! I help young professionals get their sh*t together through my signature, Own Your Life program!

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



1. My four categories:



2. What area did you focus on last week?

3. How do you know you fulfilled this area each day?

4. What new area are you going to bring into focus this week?

5. What on your calendar needs to be moved to create space for this second area over the next 7 days?

6. My new and improved nighttime routine:

Bonus Reflections: What changed when you implemented a more thought out nighttime routine?