



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. Where do you feel time gets wasted?

2. What could be the positive intention behind this waste of time?

3. Make a list of every memory you have from this year:

4. What time are you going to set your reminders for and what will you do when the reminders go off?

Time	Relaxing/Resetting Task
1.	
2.	
3.	
4.	
5.	

5. What needs to be moved around to be able to give a 100% yes? Or is there enough time to give a no?

6. What day are you committing to your word and implementing three sides of your puzzle?

7. What three sides are you choosing?

- 1.
- 2.
- 3.

Bonus Reflections: How did you feel when you made space for three sides of your puzzle?