



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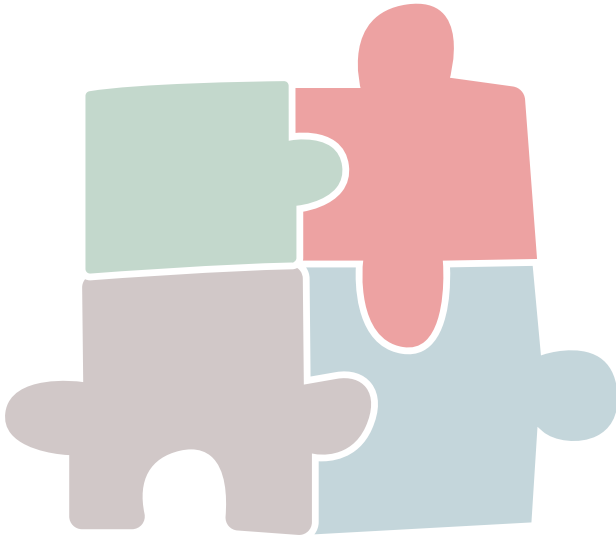
I'm Jess - A Certified Health & Life Coach! I help young professionals get their sh\*t together through my signature, Own Your Life program!

[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)



**Remember: Stability allows spontaneity without disaster!**

**1. Re-state the four sides of your puzzle:**



**2. What weekend day are you committing to showing up in all four areas?**

**3. Divide the day up:**

**Wake-up to noon:**

**Noon to 6pm:**

**6pm to sleep:**

**4. What are some ways you can release your mental load?**

**BONUS: Weekend reflection:**

**a. How long did each side take?**

**b. Did the order work for you? If yes, great! If no, What needs to be changed for next weekend?**

**c. How did you feel when you checked off all four sides?**