



Puzzled By Priorities

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

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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. The first steps you can take in your four areas:

Priority 1

Priority 2

Priority 3

Priority 4

2. Step 1 in all of the remaining categories:

Priority 5

Priority 6

Priority 7

Priority 8

Priority 9

3. When do you perform best in each of your priorities?

a.

b.

c.

d.

4. Time Management Tracker Key:

red = energy depleting

yellow = neutral

green = energy giving

purple = priorities

Any additional notes you want to include: