



# This is NOT Your Life!

Your days of comparing, doubting, and feeling overwhelmed are gone! It's time to **focus on what you want** and **take confident action** that supports your decisions.

<https://jessdiamondcoaching.com/>

## Jess Diamond Coaching



**What are you not loving right now that you wish you could change?**

<input type="checkbox"/>	

**What are all of the things you want to do or try?**

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**What's stopping you from trying?**

Worry about what people will think.

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Afraid to make things worse/do it wrong.

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Don't know how to

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Don't want to waste time/effort already spent

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Based on what you underlined, where do you usually go for answers? Check the one that applies.

\_\_\_ Parents/family

\_\_\_ Friends

\_\_\_ Social Media

\_\_\_ Other/Ai

What action/boundary can you begin implementing to help you reduce the outside noise?

**6 Pillars to Own Your Life:**

1. **CREATE** your vision
2. Develop **CONSISTENCY** in your routine and priorities
3. **CONNECT** with yourself and your community
4. Focus on what you do have **CONTROL** over
5. Communicate your wants and needs
6. Use steps 1-5 to generate the **CONFIDENCE** in yourself and your decisions

# Let's Chat!

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