

# JESSICA'S WORLD

A non-writer's blog about family, fitness, work, and life in general



## PCIT

*By spring of 2021 I was losing my mind. Literally, losing it.*

*I didn't want to be around anyone except my immediate family and close friends. I refused to host family gatherings.*

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## LIFE EVENTS

*Weekday night sleepovers?*

*Love watching these two grow.*

*Love being a part of their friendship.*



## SAVVI

*Brand Partner - What Does that Mean?*

- *I wear it.*
- *I share it.*
- *It's truly that simple!*

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# LOOK OF THE WEEK



*Peloton Ride with Mrs. Robin Arzón*

*Riot Racer Tank (M).*

*Solas Leggings (S).*

*Reef Sports Bra (White) (S).*

*My absolute FAVORITE tank to workout in. I mean - the color, the style, the functionality.*

*I need Savvi to make more colors.*

## FITNESS

*Felt so good to throw around some weight this weekend.*

*What's your favorite girl workout?*

*It's a tie between Mary & Cindy*



## WORK

*Social Media*

*Webinars*

*Virtual Summits*

*Email Marketing*



# ABOUT JESSICA



*So many layers to unwrap. Here is your "CliffsNotes" version (bringing me back to grade and middle school)*

*Married to my best friend, Dave. Navy Officer Extraordinaire*

*Dave and I have been friends for almost 2 decades*

*I have two amazing children, Kinsley (8) and Bobby (5)*

*We have two rescue dogs, Hunter (A true Mutt) and Zeus (A Great Dane)*

*And more.....*

# QUOTE OF THE WEEK

*"No one is ever quite ready; everyone is always caught off guard. Parenthood chooses you. And you open your eyes, look at what you've got, say "Oh, my gosh," and recognize that of all the balls there ever were, this is the one you should not drop. It's not a question of choice."*

*— Marisa de los Santos, Love Walked In*