

# JESSICA'S WORLD

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



## DO YOU PODCAST?

*I didn't listen to my first podcast until 2020.*

*For some reason, I didn't listen to another podcast until the spring of 2021, when I was at an all-time low. Little did I know that these women would help me get through some of my darkest days as a mom, wife, and person.*

**[Read More](#)**

## LIFE EVENTS

ICYMI:

*You are not alone.*

*Know you are not alone.*

*My hope is that this post will help another family struggling. Will help parents realize there are options available to them and their children. Options they may have ever heard of before.*



## PCIT

## SAVVI

[Ask And You Shall Receive: December Savvi Favorites](#)

*Leggings*

*Tanks*

*Long Sleeve Tops*

**[Read More](#)**

## LOOK OF THE WEEK



Christmas Attire

Sahara Top (S).  
SSKIN Leggings (S).

*I've only worn this shirt twice.  
Not sure why because not only is it  
super flattering but holy cow is it soft.*

*Then again, Savvi makes the SOFTEST  
and most comfortable clothing.*

*#notjustfitnessattire*

## FITNESS

*Lack of equipment shouldn't stop you  
from achieving your goals.*

*Enjoy 7 bodyweight workouts you can  
do at home or on vacation*



**No Equipment, No Problem**



## WORK

*There are a few different ways you can be a  
part of #EMSummit22:*

*For more information about being a sponsor  
and/or exhibitor please contact Jessica Hunt  
at [jess@environmentenergyleader.com](mailto:jess@environmentenergyleader.com).*

# 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

*Don't let yourself become so concerned with raising a good kid that you forget you already have one. – Glennon Melton-Doyle*