

**YOUR  
TWENTIES  
Audio Gift**

**By Jessica Smith**

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**ISBN-13:** 978-1984109149

**ISBN-10:** 1984109146

Although the author is a certified health coach and has built this book on her own experiences and what she learned studying and working with many people, she is not a physician or other medical professional. This book is not intended to diagnose or treat any disease or other medical condition and does not and should not be understood as providing medical or other similar professional advice.

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NESSessities

# Introduce Yourself!

Post a photo of you with the book on Instagram, tag me @hellojessness and add the hashtag #YOURTWENTIES to share it with the community.

For your caption, pick your favorite of the ideas below:

- Describe yourself in three words.
- Tell us what you're looking forward to learning from this book.
- Share with us your favorite thing about your life right now.
- Tag a friend you can always lean on!

# SELF-LOVE

*“You are not a drop in the ocean. You  
are the entire ocean in a drop.”*

*— Rumi*

# SLOW JAM

## // BOOK BONUS:

One of the ways I've been able to counterbalance the urge to live my life like a Kanye West song is with the support of dōTERRA essential oils. I started my essential oil journey in 2013 and have been exploring their incredible benefits ever since.

They're now a critical part of my self-care and help me rise and thrive in all areas of my life. Access a special video where I share my favorite oils by signing up to access the bonuses on my website, [jessnessrequired.com](http://jessnessrequired.com).

## THRIVING IN SELF-TRUST

### // BOOK BONUS:

I have the perfect planner for when you need help figuring out what to do next. It will help you put what is in your heart into a plan and onto paper.

Thru this process you will learn how to start trusting yourself on a deeper and more supportive level. Access the Express-ness VIP Planner as part of the book bonuses on my website, [jessnessrequired.com](http://jessnessrequired.com).

# RELATIONSHIPS

*True belonging is the spiritual practice of believing in and belonging to yourself so deeply that you can share your most authentic self with the world and find sacredness in both being a part of something and standing alone in the wilderness. True belonging doesn't require you to change who you are; it requires you to be who you are.*

*— Brené Brown*

# BEAUTIFUL BOUNDARIES

## // BOOK BONUS:

Establishing what is nonnegotiable in life has helped me decide where to put my Beautiful Boundaries. I have been able develop a clearer understanding of my limits and focus on what truly matters to me.

For more on this topic, subscribe to my podcast, *That Valley Vibe*. Access all the episodes on my website, [jessnessrequired.com](http://jessnessrequired.com).

# CONTROL FREAK

## // BOOK BONUS:

With activities like the one above, one of the ways I care for myself when I need genuine clarity from within is with the support of essential oils. My favorites for tapping into my inner voice of wisdom is with the help of dōTERRA's Balance® blend, Frankincense, and Peace® Reassuring Blend. Access my getting started with essential oils guide on my website, [jessnessrequired.com](http://jessnessrequired.com).

## ONE OF FOUR

### // BOOK BONUS:

For more on topics like these, subscribe to my podcast(s), *Career Coaching with Jessness* and *That Valley Vibe*. Subscribe to both shows on your favorite podcast listening app and access the episodes on my website, [jessnessrequired.com](http://jessnessrequired.com).

## **BODY ACCEPTANCE**

*"When the demon starts to slither my way and say bad shit about me I turn around and say, 'Hey. Cool it. Amy is my friend. Don't talk about her like that.' Sticking up for ourselves in the same way we would one of our friends is a hard but satisfying thing to do.*

*Sometimes it works."*

*— Amy Poehler*

## MY WAY TO COPE

### // EATING DISORDER RESOURCES:

Visit [www.jessnessrequired.com/loveyourself](http://www.jessnessrequired.com/loveyourself) for updated lists on where you can find help and support.

## A NEW VIEW

### // BOOK BONUS:

I created a video introducing two key concepts critical for thriving in mind body spirit wellness. Access the video as part of the book bonuses on my website, [jessnessrequired.com](http://jessnessrequired.com).

Another incredible resource for you on this topic is my podcast, *That Valley Vibe*, subscribe on your favorite listening app and get all the episodes on my website. Come riff with us on body love, body acceptance, and empowered self-care!

## HEALTHY MIND

*“I believe it is crucial for us to embrace the perspective that anything another person has overcome or accomplished is simply evidence that anything—and I mean anything—we need to overcome or want to accomplish is possible for us, no matter what our past or current circumstance. It begins with accepting total responsibility for every aspect of your life and refusing to blame anyone else. The degree to which you accept responsibility for everything in your life is precisely the degree of personal power you have to change or create anything in your life.”*

*— Hal Elrod, The Miracle Morning*

# POSITIVITY PROTECTION

## // BOOK BONUS:

There are many ways to protect yourself positively, for me I've found two major ways: BOOKS n' OILS. *The beauty is that you can use them together or one by one.*

## First up, BOOKS:

Head over to my website and sign up to access the book bonuses to check out a video and my blogpost on the latest list of my top books for success!

## Next healthy mind lifesaver, OILS:

I made a video of all my favorite essential oils as part of the book bonuses! Access the video via my website [jessnessrequired.com](http://jessnessrequired.com). I share the benefits of each oil, and how to practically use them in your day-to-day life.

A little background on essential oils... I'm a true believer and Wellness Advocate for the company, dōTERRA. The name dōTERRA is a Latin derivative that means "gift of the earth." *Nothing could be more perfect!*

Essential oils are made from seeds, bark, stems, roots, flowers, and other parts of plants. Essential oils give plants their distinctive smells, protect plants, and play a role in pollination. In addition to their intrinsic benefits to the plants and their beautiful fragrances, essential oils have long been used for food preparation, beauty treatment, and health-care practices.

Over 3,000 varieties of volatile aromatic compounds have been identified to date. The nature of an essential oil varies from plant to plant, within botanical families, and from species to species. The delicate ratio of aromatic constituents found in any given essential oil are what make it unique and give it specific benefits.

Even with pure essential oils, the composition of the oil can vary depending on the time of day, season, geographic location, method and duration of distillation, year grown, and the weather, making every step of the production process a critical determinant of the overall quality of the essential oil product.

When we inhale, topically apply, or safely ingest the oils, we are literally taking in the immune system of that plant!

Each oil can help us stay balanced in our mind body and spirit, naturally. *When you've got Planet Earth & Mother Nature as your backups, you really can't go wrong.*

To get started with oils head over to my website [jessnessrequired.com](http://jessnessrequired.com) and click 'essential oils' on the top menu. I also have a getting started with oils guide if you're interested in learning more first.

# FINDING BALANCE

## // BOOK BONUS:

Access my getting started with essential oil guide on [jessnessrequired.com](http://jessnessrequired.com) to learn more about how essential oils can support you not only in finding balance but in all areas of wellness.

# CAREER

*“Achievement doesn't come from  
what we do, but from who we are.”*

*—Marianne Williamson*

## **FIND “THE ONE”**

### **// BOOK BONUSES:**

I created a worksheet ‘Figure out your life in 10 questions’ to help you own your life! This worksheet will help you sort through your mind and help you take inspired action in both your personal and professional life. Access the worksheet as part of my book bonuses on my website, [jessnessrequired.com](http://jessnessrequired.com).

## **BUILD A BADASS BRAND**

### **// BOOK BONUS:**

For more on this topic, tune into my podcast, *Career Coaching with Jessness*. Subscribe on your favorite podcast listening app and find all the episodes on my website too.

PS If you find the show helpful, please leave me a review! It helps more people find the show and in turn I get to help more people, *score!*

## TAKE THE FAST LANE

### // BOOK BONUS

I created a simple 1:1 meeting template you can use to prepare for your next important meeting as part of my book bonuses. Access the template on my website [jessnessrequired.com](http://jessnessrequired.com)

## ABOUT THE AUTHOR

Hey there, I'm Jessica Smith! I'm a writer, public speaker, and career coach. I'm the host for two podcast shows, Career Coaching with Jessness and That Valley Vibe.

When I'm not speaking at events of all kinds (*public, private, big, small, you name it*) I'm passionately sharing the power of essential oils as a Wellness Advocate for doTERRA, the highest quality essential oil company in the world.

The main ingredient in my talks and writing is how to tap into your inner voice of wisdom, your -ness, for guidance.

I believe it's time to experience life through a new lens of self-care and forming deeper connections with ourselves, those around us and the Earth through the use of essential oils.

Every day I remind myself that I'm not here to figure out what to do, but rather, who I am as a human being.

I believe in fairness and love celebrating differences. I'm committed to creating an impact in the world to make it a more loving and accepting place for all humans, regardless of shape, color, size, or sexual orientation.

One of the things that has been most important in my life in times of change and transition is community. I've experienced the positive impact and I'd like to invite you to help me create a supportive community of our own.

Simply use the hashtag #YOUTWENTIES on social media to connect with other readers and meet new friends. Please tag me @hellojessness so I can give you some love.

Sending hugs xx  
Jess

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# Get in Touch

## **Speaking Engagements**

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## **Partnerships**

Partnerships are hand-selected and will be chosen based on their relevance to Jessness Required.

If you're interested in receiving a media kit or would like to discuss partnership opportunities, please contact Jessica directly.

## **NESsessities**

For all the best well-ness recommendations to help navigate this roller coaster of a decade access the NESsessities tab on my website, [jessnessrequired](http://jessnessrequired.com).