



Positive Intelligence®

# MENTAL FITNESS PROGRAM

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Prep Week</b>			<b>Take assessments</b>	<b>Download App</b>		<b>Watch Week 1 Video</b> (60 minutes)	
<b>Week 1: Boost Self-Command</b>		<b>Focus of the Day, Coach Challenges, Reflection</b> (2 minutes every 3 hours)				<b>Watch Week 2 Video</b> (60 minutes)	
<b>Week 2: Intercept the Judge</b>	<b>Weekly Reflection</b> (5 minutes)	<b>Focus of the Day, Coach Challenges, Reflection</b> (2 minutes every 3 hours)				<b>Watch Week 3 Video</b> (60 minutes)	
<b>Week 3: Accomplice Saboteurs</b>	<b>Weekly Reflection</b> (5 minutes)	<b>Focus of the Day, Coach Challenges, Reflection</b> (2 minutes every 3 hours)				<b>Watch Week 4 Video</b> (60 minutes)	
<b>Week 4: Shift to Sage</b>	<b>Weekly Reflection</b> (5 minutes)	<b>Focus of the Day, Coach Challenges, Reflection</b> (2 minutes every 3 hours)				<b>Watch Week 5 Video</b> (60 minutes)	
<b>Week 5: Boost Sage Powers</b>	<b>Weekly Reflection</b> (5 minutes)	<b>Focus of the Day, Coach Challenges, Reflection</b> (2 minutes every 3 hours)				<b>Watch Week 6 Video</b> (60 minutes)	
<b>Week 6: Taking Action</b>	<b>Weekly Reflection</b> (5 minutes)	<b>Focus of the Day, Coach Challenges, Reflection</b> (2 minutes every 3 hours)				<b>Watch Wrap-Up Video</b> (60 minutes)	
<b>Week 7: Continuing Your Practice</b>	<b>Weekly Reflection</b> (5 minutes)		<b>New Grow Content Begins*</b>				

\*For those who choose to continue the journey beyond 6 weeks