

Positive Intelligence Mental Fitness Program

Week of	POD Meeting	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Prep Week					Download App		Watch Week 1 Video	60 min
Week 1: Boost Self-Command			Focus of the Day, Coach Challenges, Journal			2 min every 3 hours	Watch Week 2 Video	60 min
Week 2: Intercept the Judge		Weekly Reflection 5 min	Focus of the Day, Coach Challenges, Journal			2 min every 3 hours	Watch Week 3 Video	60 min
Week 3: Accomplice Saboteurs		Weekly Reflection 5 min	Focus of the Day, Coach Challenges, Journal			2 min every 3 hours	Watch Week 4 Video	60 min
Week 4: Shift to Sage		Weekly Reflection 5 min	Focus of the Day, Coach Challenges, Journal			2 min every 3 hours	Watch Week 5 Video	60 min
Week 5: Boost Sage Power		Weekly Reflection 5 min	Focus of the Day, Coach Challenges, Journal			2 min every 3 hours	Watch Week 6 Video	60 min
Week 6: Taking Action		Weekly Reflection 5 min	Focus of the Day, Coach Challenges, Journal			2 min every 3 hours	Watch Wrap-Up Video	60 min
Week 7: Continuing Your Practice		Weekly Reflection 5 min		New Grow Content Begins*				

*For those who choose to continue the journey