



Positive Intelligence[®]

6 WEEK MENTAL FITNESS PROGRAM

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