

	MON	TUE	WE	THU	FRI	SAT	SUN
			W			THURSDAY	
Getting Started Prep Week			Download App		Info Session	Listen / read book chapters 1 - 8	
<b>Week 0</b> Prep Week			<b>Take Assessments</b>		<b>Weekly mail</b>	<b>Watch Week 1 Video</b> (60 min)	
<b>Week 1</b> Boost Self-Command		<b>Daily App-Guided Exercises</b> Focus of the Day, Coach Challenges, Reflection (2 min every 3 hrs) WM				<b>Watch Week 2 Video</b> (60 min)	
<b>Week 2</b> Intercept the Judge	<b>Weekly Reflection</b> (5 min)	Q&A	<b>Daily App-Guided Exercises</b> Focus of the Day, Coach Challenges, Reflection (2 min every 3 hrs) WM			<b>Watch Week 3 Video</b> (60 min)	
<b>Week 3</b> Accomplice Saboteurs	<b>Weekly Reflection</b> (5 min)	<b>Daily App-Guided Exercises</b> Focus of the Day, Coach Challenges, Reflection (2 min every 3 hrs) WM				<b>Watch Week 4 Video</b> (60 min)	
<b>Week 4</b> Shift To Sage	<b>Weekly Reflection</b> (5 min)	Q&A	<b>Daily App-Guided Exercises</b> Focus of the Day, Coach Challenges, Reflection (2 min every 3 hrs) WM			<b>Watch Week 5 Video</b> (60 min)	
<b>Week 5</b> Boost Your Sage Powers	<b>Weekly Reflection</b> (5 min)	<b>Daily App-Guided Exercises</b> Focus of the Day, Coach Challenges, Reflection (2 min every 3 hrs) WM				<b>Watch Week 6 Video</b> (60 min)	
<b>Week 6</b> Taking Action	<b>Weekly Reflection</b> (5 min)	Q&A	<b>Daily App-Guided Exercises</b> Focus of the Day, Coach Challenges, Reflection (2 min every 3 hrs) WM			<b>Watch Wrap-Up Video</b> (60 min)	
<b>Week 7</b> Continuing Your Practice	<b>Weekly Reflection</b> (5 min)	1:1 De-Briefing	<b>Grow Content Begins*</b>				

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