

# Chart Your Path to Emotional Wisdom: A Mental Fitness Practicum

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## May 6 - June 24, 2022

Week	Topic	Tues   Wed   Thurs   Fri	Friday	Sat   Sun   Mon
		Inspired Practice	Support Circle	Learn
1	Welcome & Orientation	Download PQ App, Complete Saboteur Assessment	May 6, 2022 12:00 - 1:00pm ET	Watch Week 1 Video
2	Boost Self-Command	Focus of the Day, Coach Challenges & Reflections	May 13, 2022 12:00 - 1:00pm ET	Watch Week 2 Video
3	Intercept the Judge	Focus of the Day, Coach Challenges & Reflections	May 20, 2022 12:00 - 1:00pm ET	Watch Week 3 Video
4	Accomplice Saboteurs	Focus of the Day, Coach Challenges & Reflections	May 27, 2022 12:00 - 1:00pm ET	Watch Week 4 Video
5	Shift to Sage	Focus of the Day, Coach Challenges & Reflections	June 3, 2022 12:00 - 1:00pm ET	Watch Week 5 Video
6	Boost Sage Powers	Focus of the Day, Coach Challenges & Reflections	June 10, 2022 12:00 - 1:00pm ET	Watch Week 6 Video
7	Taking Action	Focus of the Day, Coach Challenges & Reflections	June 17, 2022 12:00 - 1:00pm ET	Watch Wrap Up Video
8	Celebration & Reflection	Continue to Grow PQ Muscles for Self-Command & Increase Resilience	June 24, 2022 12:00 - 1:00pm ET	Program Reflection & Evaluation

