

Chart Your Path to Emotional Wisdom: A Mental Fitness Practicum

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June 4 - July 23, 2024 Cohort 1

Week	Topic	Tues Wed Thurs Fri	Friday	Sat Sun Mon
		Inspired Practice	Support Circle	Learn
1	Welcome & Orientation	Download PQ App, Complete Saboteur Assessment	June 4, 2024 12:00 - 1:00pm ET	Watch Week 1 Video
2	Boost Self-Command	Focus of the Day, Coach Challenges & Reflections	June 11, 2024 12:00 - 1:00pm ET	Watch Week 2 Video
3	Intercept the Judge	Focus of the Day, Coach Challenges & Reflections	June 18, 2024 12:00 - 1:00pm ET	Watch Week 3 Video
4	Accomplice Saboteurs	Focus of the Day, Coach Challenges & Reflections	June 25, 2024 12:00 - 1:00pm ET	Watch Week 4 Video
5	Shift to Sage	Focus of the Day, Coach Challenges & Reflections	July 2, 2024 12:00 - 1:00pm ET	Watch Week 5 Video
6	Boost Sage Powers	Focus of the Day, Coach Challenges & Reflections	July 9, 2024 12:00 - 1:00pm ET	Watch Week 6 Video
7	Taking Action	Focus of the Day, Coach Challenges & Reflections	July 16, 2024 12:00 - 1:00pm ET	Watch Wrap Up Video
8	Celebration & Reflection	Continue to Grow PQ Muscles for Self-Command & Increase Resilience	July 23, 2024 12:00 - 1:00pm ET	Program Reflection & Evaluation

