

	MON	TUE	WED	THU	FRI	SAT	SUN
Prep Week		Kick off group call	Take assessments	Download app		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)	
Week 7: Continuing Your Practice	Maintain or Grow	Close out group call	New Grow Content Begins*				

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