

PQ Program Syllabus

Welcome to the PQ® Program! This program helps you build mental fitness to overcome self-sabotage and increase resilience. Through science-backed tools, you'll enhance your performance, strengthen relationships, and elevate your overall well-being.

Program Overview

The PQ Program is designed to:



Weaken Saboteurs:

Quiet the negative mental patterns that limit your potential.

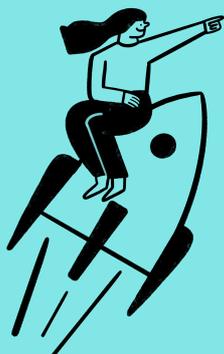
Build Self-Command:

Gain control over your reactions and become more centered, no matter the challenge.

Strengthen Sage Powers:

Increase empathy, creativity, focus, purposeful action, and more.

How the program works:



Daily practice:

The PQ app provides guided exercises that fit your busy schedule, including a quick morning audio session for a focused start to your day.

Weekly interactive modules:

Short video clips and interaction moments support reflection, understanding, and application.

Weekly Pod meetings:

Group or 1:1 reflection sessions facilitated by your PQ Coach.

Pre-Program Checklist

- ✓ Download the PQ app and explore the features.
- ✓ Complete the Welcome Module.

Weekly Checklist

- ✓ Complete the Weekly Module (Friday through Sunday).
- ✓ Listen to the Daily Focus each morning.
- ✓ Attend your Pod meeting to reflect and discuss progress.

Weekly Structure

Week 1 Self-Command and PQ Reps	Goal: Quiet your mind and develop the ability to refocus quickly throughout the day.	Focus: Use your existing routines to practice PQ Reps and build Self-Command.
Week 2 Judge	Goal: Shift away from judgment of self, others, and circumstances toward a positive mindset.	Focus: Recognize and catch the Judge Saboteur and celebrate your win.
Week 3 Accomplice Saboteurs	Goal: Replace negative mental patterns with Self-Command.	Focus: Catch your top Accomplice Saboteurs (e.g., Controller, Pleaser), and celebrate your win.
Week 4 Empathize	Goal: Shift from judgment to compassion using the Empathize Sage Power.	Focus: Practice showing empathy for yourself and others.
Week 5 Sage Perspective, Explore, and Innovate	Goal: Learn to Accept or Convert any challenge into a gift or opportunity using the Sage Perspective, Explore, and Innovate Powers.	Focus: Practice using curiosity and creativity to overcome obstacles.
Week 6 Activate	Goal: Take decisive, purposeful action using the Activate Sage Power.	Focus: Practice turning your insights and intentions into concrete steps that align with your goals.
Week 7+ Navigate and Application	Goal: Apply all 5 Sage Powers to long-term decisions and daily life.	Focus: Practice using the Navigate Sage Power to align your actions with your deeper purpose.