# PQ® Program Weekly Overview

Positive Intelligence®

| Week of | | POD Meeting | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|---|---|
| 23/02 | **Welcome** | 24/02 @ 10:00 | Download app and complete Welcome Module | | | | Week 1: Self-Command and PQ Reps 1 h. | | |
| 02/03 | **Week 1** Self-Command and PQ Reps | 03/03 @ 10:00 | Daily Focus: Self-Command and PQ Reps 3-4 min. each | | | | Week 2: Judge 1 h. | | |
| 09/03 | **Week 2** Judge | 10/03 @ 10:00 | Daily Focus: Judge 3-4 min. each | | | | Week 3: Accomplice Saboteurs 1 h. | | |
| 16/03 | **Week 3** Accomplice Saboteurs | 17/03 @ 10:00 | Daily Focus: Accomplice Saboteurs 3-4 min. each | | | | Week 4: Empathize 1 h. | | |
| 23/03 | **Week 4** Empathize | 24/03 @ 10:00 | Daily Focus: Empathize 3-4 min. each | | | | Week 5: Sage Perspective, Explore, and Innovate 1 h. | | |
| 30/03 | **Week 5** Sage Perspective, Explore, and Innovate | 31/03 @ 10:00 | Daily Focus: Sage Perspective, Explore, and Innovate 3-4 min. each | | | | Week 6: Activate 1 h. | | |
| 06/04 | **Week 6** Activate | 07/04 @ 10:00 | Daily Focus: Activate 3-4 min. each | | | | Week 7: Navigate and Applications 1 h. | | |
| 13/04 | **Week 7+** Navigate and Applications | 13/04 @ 10:00 | Daily Focus: Review and Integrate 3-4 min. each | | | | | | |
| | | | Applications Begins: Customize your Daily Focus and choose your Application module Default theme: Review and Integrate* | | | | | | |

*For those who choose to continue the journey

Welcome Module | Interactive Module | Daily Focus | Customized Applications

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