PQ® Program Weekly Overview

Positive Intelligence®

Week of	POD Meeting	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Welcome		Download app and complete Welcome Module				Weekly Interactive Module		1 hour
Week 1 Self-Command and PQ Reps		Daily Focus			3-4 min. each	Weekly Interactive Module		1 hour
Week 2 Judge		Daily Focus			3-4 min. each	Weekly Interactive Module		1 hour
Week 3 Accomplice Saboteurs		Daily Focus			3-4 min. each	Weekly Interactive Module		1 hour
Week 4 Empathize		Daily Focus			3-4 min. each	Weekly Interactive Module		1 hour
Week 5 Sage Perspective, Explore, and Innovate		Daily Focus			3-4 min. each	Weekly Interactive Module		1 hour
Week 6 Activate		Daily Focus			3-4 min. each	Weekly Interactive Module		1 hour
Week 7+ Navigate and Application		Daily Focus			3-4 min. each			
		New Application content begins (default theme: Review/Integrate)*						

*For those who choose to continue the journey