

PQ Program



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The PQ Difference

Most attempts at positive change fail because we stop at insight and don't build habits. Sustained change towards a more positive mind requires laying down neural pathways to form new habits through consistent daily practice. That is what this program empowers you to do.

What to expect

15 minutes/day of app-guided practice enables you to establish mental muscles (neural pathways). These exercises are bite-sized to fit your busy schedule and customized based on how you self-sabotage.

Pre-Work Checklist

1. Download the App
2. Start listening to the Audiobook (inside Modules in the App)
3. Try out a PQ Gym Session (inside the Gym in the App)

Weekly Checklist

1. Watch the Weekly Videos over the weekend
2. Complete Coach Challenges (Tuesday - Friday)
3. Attend Pod Meeting

PQ Program - Week by Week

1 Self-Command Develop greater mastery over your own mind

Teach your brain that no matter how crazy-busy your day is, you can re-center every few hours in Sage wisdom for 2 minutes.

2 Intercept The Judge Expose the lies, limiting beliefs and damage of your Judge

Read or listen to chapter 4 of the book before you watch the weekly video session.

3 Accomplice Saboteur Expose the lies, limiting beliefs and damage of your top
Accomplice Saboteur

You will develop an awareness of your Judge and Accomplice Saboteurs. This is a big step on this journey. Use your self-command tools to help intercept.

4 Shift to Sage Learn to convert “bad things” into Gifts

Some people have difficulty in week 4 as we shift to Sage. It is recommended to complete extra PQ reps before the daily coach challenges to get ready to shift to sage.

5 Boost Sage Powers Discover the Power of Empathy

Have a childhood photo of yourself. Use it for this week's videos and coach challenges.

6 Taking Action Learn the Five Sage Powers

Consider each Sage Power, which one do you naturally lean towards? Which one is harder for you to use?