

<div></div> <div>Clinton Pascoe Coaching</div> <div>Be Your Best</div>			<div>MENTAL FITNESS PROGRAMME</div>				<div></div> <div>Positive Intelligence[®]</div>		
WEEK OF		CHECK-IN MEETING	MON	TUE	WED	THU	FRI	SAT SUN	
//2022	Prep Week				Take Assessments	Download App		Watch Week 1 Video (60 minutes)	
//2022	Week 1: Boost Self-Command	As organised between us		Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Watch Week 2 Video (60 minutes)	
//2022	Week 2: Intercept the Judge	As organised between us	Weekly Reflection (5 minutes)	Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Watch Week 3 Video (60 minutes)	
//2022	Week 3: Accomplice Saboteurs	As organised between us	Weekly Reflection (5 minutes)	Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Watch Week 4 Video (60 minutes)	
//2022	Week 4: Shift to Sage	As organised between us	Weekly Reflection (5 minutes)	Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Watch Week 5 Video (60 minutes)	
//2022	Week 5: Boost Sage Powers	As organised between us	Weekly Reflection (5 minutes)	Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Watch Week 6 Video (60 minutes)	
//2022	Week 6: Taking Action	As organised between us	Weekly Reflection (5 minutes)	Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Watch Wrap-Up Video (60 minutes)	
//2022	Week 7: Continuing your Practice	As organised between us	Maintain or Grow		New Grow Content Begins *			* For those who choose to continue the journey beyond 6 weeks	