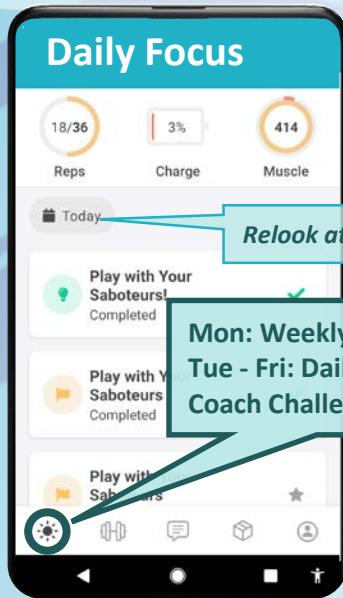
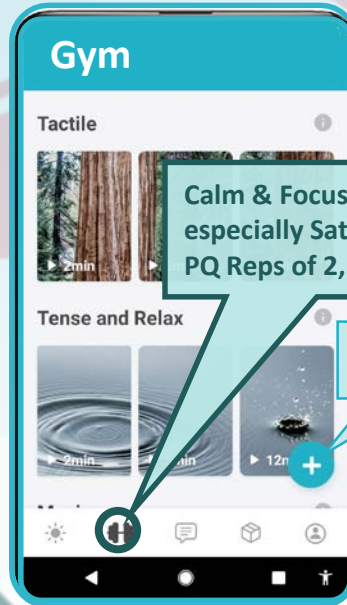


PQ APP OVERVIEW



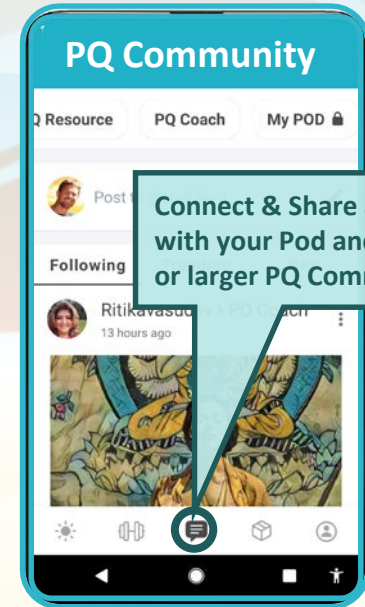
Relook at past dates

Mon: Weekly Reflection
Tue - Fri: Daily Focus,
Coach Challenges, Journal

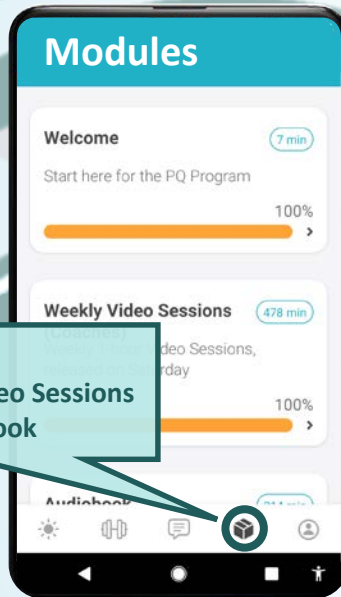


Calm & Focus anytime
especially Sat, Sun, Mon
PQ Reps of 2, 5, & 12 min

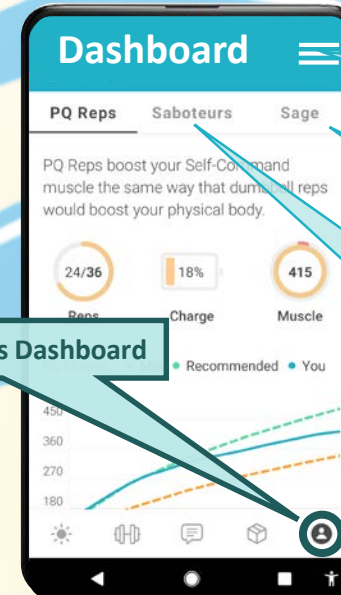
Add Your
Own PQ Reps



Connect & Share anytime
with your Pod and Coach,
or larger PQ Community



Welcome Message
Sat - Sun: Weekly Video Sessions
Anytime: PQ Audio Book



Personal Progress Dashboard

Read Daily Journal
Read/Edit Goals
App Settings
Support

Sage Progress
(Wk #4+)

Select your Top
Saboteurs (Wk #3)

ADDITIONAL SUPPORT
Online: <https://support.positiveintelligence.com>
Appt w/ Kevin: <https://envoypeace.as.me/15min>