

# Get The "S" Off Your Chest - 6 Week Program Schedule



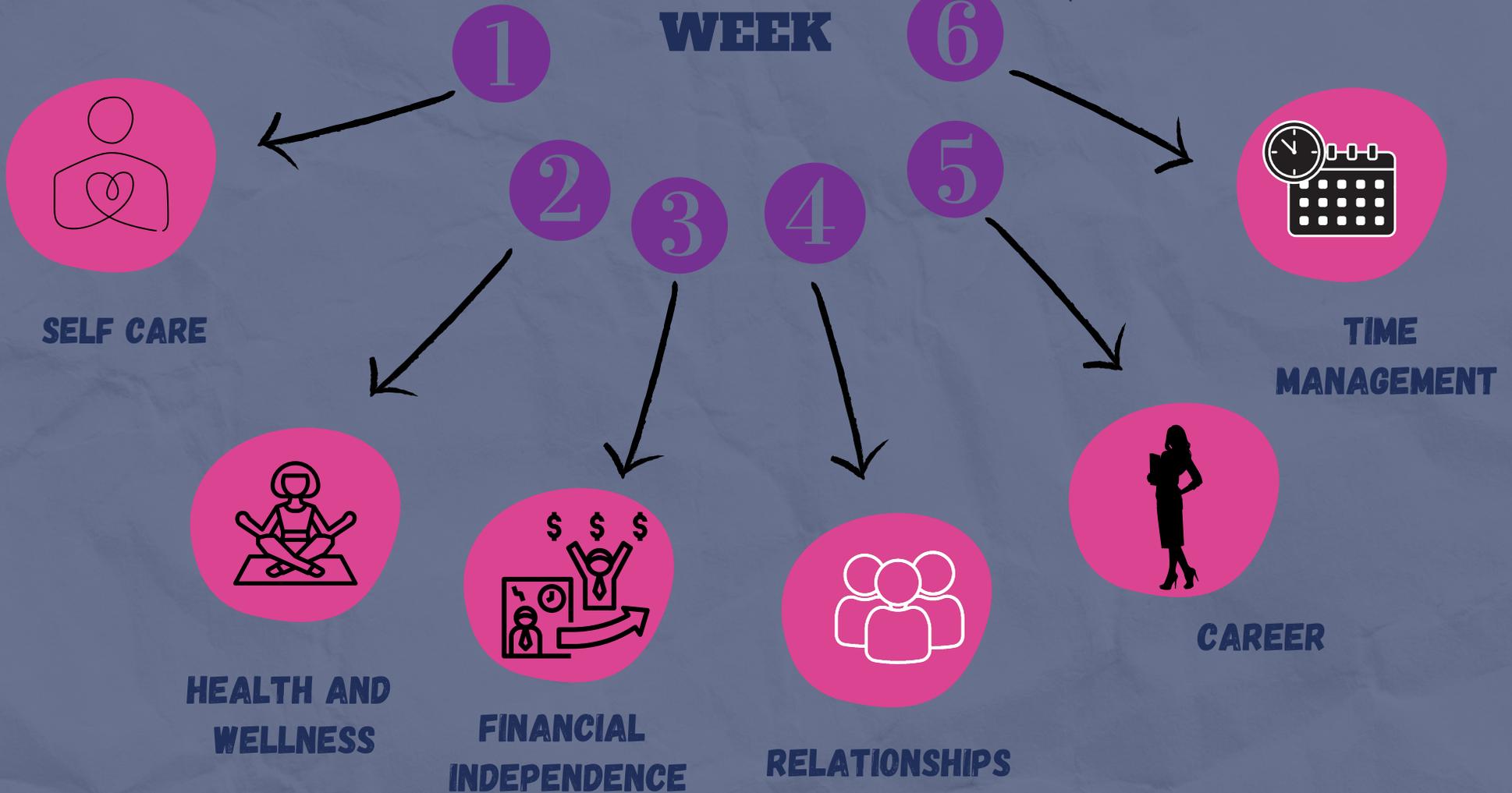
**Jacqueline Primrose**  
Owner  
JPE Wellness  
Advocates



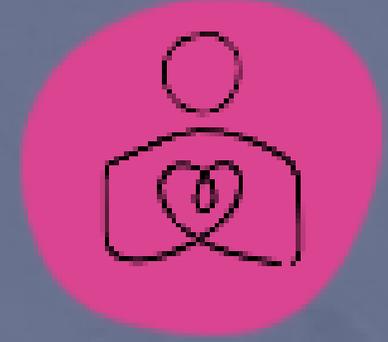
LESS STRESS & MORE PRODUCTIVITY



**WEEK**



WEEK 1  
*Self Care*



📍 Protect Your Mind

📍 Your Self-Care Tool Box

📍 Avoid Social Media

📍 Know and Love Yourself

📍 Feed Your Soul

📍 Practice Gratitude

📍 Affirm Your Dreams

WEEK 2

# Health and Wellness



Health and Wealth Assessment



Home Health and Environment



AntiSocial Media - Journaling



Don't You Dare Compare



Cooking for Joy and Fulfillment



Gratitude Bucket List



Be a Witness for Fitness

[www.jpewellness.com](http://www.jpewellness.com)

WEEK 3

# Financial Independence



① How Money Works

② Debt Management

③ Growing & Saving Money

④ Living within Your Means

⑤ Protecting Your Money

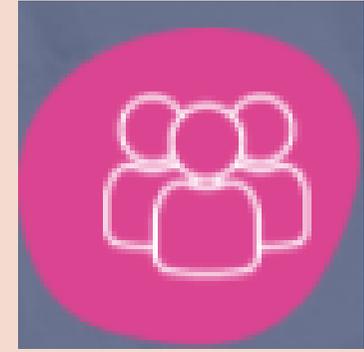
⑥ Managing Passive Income

⑦ Balancing Health and Wealth

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WEEK 4

# Relationships



First Impressions



Skill of Listening



Non Verbal Speech



The Art of an Introduction



Building Rapor



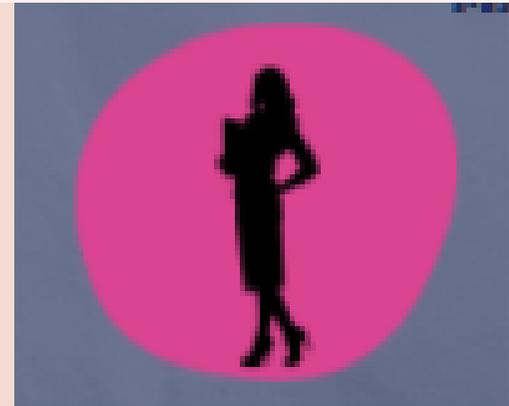
Building Trust



Nurturing the Connection

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WEEK 5  
*Career*



① Dreams and Vision

① Be Solutions Driven

① Build Collaborations

① Know Your Passion

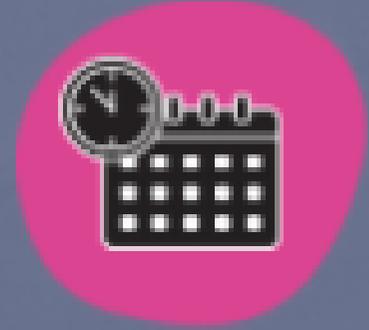
① Focus on Your Strengths

① Dust Off Your Resume

① Fail, Get Up and Try Again

WEEK 6

# Time Management



♥ Morning Power Hour

♥ Do One Thing Great

♥ 2-minute Procrastination Buster

♥ Big Rock Theory

♥ Daily Plan to Plan

♥ Timed In-Box DeClutter

♥ Time Management Techniques

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