

## Monday

### • **Addicts Session**

- **10:00 am (Utah, USA time)**
- 30 Minutes Long
- Session Will Include A Prepared Topic To Be Presented On
- Interactive With Us Live, Ask Questions, And Get Answers, or:
- Video Will Be Available to Watch for 2 Weeks
- Emotionally – Focused Journaling (5 minutes)
- Couples Check-In's

## Tuesday

### • **No Session Day**

- Work On Individual Assignments
- Emotionally – Focused Journaling (5 minutes)
- Couples Check-In's

## Wednesday

### • **Partners Session**

- **10:00 am (Utah, USA time)**
- 30 Minutes Long
- Session Will Include A Prepared Topic To Be Presented On
- Interactive With Us Live, Ask Questions, And Get Answers, or:
- Video Will Be Available to Watch for 2 Weeks
- Emotionally – Focused Journaling (5 minutes)
- Couples Check-In's

## Thursday

### • **No Session Day**

- Work On Individual Assignments
- Emotionally – Focused Journaling (5 minutes)
- Couples Check-In's

## Friday

### • **Couples Session**

- **10:00 am (Utah, USA time)**
- 30 Minutes Long
- Session Will Include A Prepared Topic To Be Presented On
- Interactive With Us Live, Ask Questions, And Get Answers, or:
- Video Will Be Available to Watch for 2 Weeks
- Emotionally – Focused Journaling (5 minutes)
- Couples Check In's

## Saturday

### • **No Session Day**

- Work On Individual Assignments
- Emotionally – Focused Journaling (5 minutes)
- Couples Check-In's

## Sunday

### • **No Session Day**

- Work On Individual Assignments
- Emotionally – Focused Journaling (5 minutes)
- Couples Check-In's