THE WELLBEING CODES

90-DAY CONTENT SCHEDULE

As a guide, we recommend taking The Wellbeing Codes Self-Guided Program over 90 days. This allows you to go deep into each code before activating the next one. We recommend setting a weekly reminder in your phone or diary to prompt you to start each new section. The final code - Self-Discipline - is released in Week 11 in line with this 90-day period.

DAY 1: INTRODUCTION TO THE WELLBEING CODES

WEEK 1	WEEK 2
CODE 1 - CONNECTION (PART I)	CODE 1 - CONNECTION (PART II)
WEEK 3	WEEK 4
CODE 2 - CONFIDENCE (PART I)	CODE 2 - CONFIDENCE (PART II)
WEEK 5	WEEK 6
CODE 3 - OPTIMISM (PART I)	CODE 3 - OPTIMISM (PART II)
WEEK 7	WEEK 8
CODE 4 - SELF APPRECIATION (PART I)	CODE 4 - SELF APPRECIATION (PART II)
WEEK 9	WEEK 10
CODE 5 - FAIRNESS (PART I)	CODE 5 - FAIRNESS (PART II)
WEEK 11	WEEK 12
CODE 6 - SELF DISCIPLINE (PART I)	CODE 6 - SELF DISCIPLINE (PART II)

WEEK 13
BEYOND THE WELLBEING CODES

DAY 90: CERTIFICATE OF COMPLETION