















6-WEEK EXAMPLE SCHEDULE

This is a tried and true schedule for all you middle-of-the-roaders. You will complete two Milestones per week giving you plenty to do but time enough to enjoy yourself and dig deep. Plan to dedicate about 2 hours per week on average. You will get into a rhythm and complete the program in 6-weeks!

SUN	MON	TUE	WED	THU	FRI	SAT
						
						
						
						
						
						

TRANSITIONAL WISDOM: A JOURNEY TO COLLABORATIVE CAREGIVING

12-WEEK EXAMPLE SCHEDULE

Take your time and dig into one section a week. Choose a set day each week to start and spend 30-90 minutes throughout the week completing the Milestone. With a steady pace you will get into a rhythm and complete the program in 12-weeks! This option is good for people who are busy, consistent, and disciplined :)

SUN	MON	TUE	WED	THU	FRI	SAT
	Week 1 Getting Started					
	Week 2 Milestone 1: The Guiding Principles					
	Week 3 Milestone 2: Caring for Self and Others					
	Week 4 Milestone 3: Giving & Receiving					
	Week 5 Milestone 4: Acknowledging Your Contributions					
	Week 6 Milestone 5: Completing What Matters					
	Week 7 Milestone 6: Your Spiritual Beliefs (or lack of)					
	Week 8 Milestone 7: Fears & Concerns					
	Week 9 Milestone 8: Communicating With Courage					
	Week 10 Milestone 9: Preparing Your Legal Business					
	Week 11 Milestone 10: Living Celebration of Life					
	Week 12 Closing					