



Here is the responses to your questions:

- **What did you take away from the PQ program that still impacts you today?** My main takeaway from the PQ Program was building better positive thinking habits and recognizing ways to enhance my mental fitness more thoughtfully while creating space to be more present in my healing journey.
- **How did it help you manage your inner Saboteurs or shift into Sage?** I loved that the program encouraged me to practice command muscles during times of duress in a structured, yet non-judgmental way. At the onset of a challenging moment, the program reminded me to lean into mindful moments, treat myself with greater empathy and strengthen my resilience over time.
- **What was your experience like using the app or doing the daily reps?** The app was easy to use and made doing reps easy to incorporate into your daily habits within little to no time!
- **How would you describe the program to someone who's never heard of it?** The PQ Program is a guided program for elevating how you show up for yourself through daily habit building.
- **Who do you think would benefit most from going through the program?** For anyone who is looking to build a better version of themselves and unlock your potential, if other programs have not worked this one's for you!

Hope you find this testimony useful and I have added my headshot! **Are you able to just have my first name and first initial like this "Neia O."?**

Looking forward to reconnecting and take care,

Neia O.