Videos/Audio	Date 1 hour	2 hour	FIRST TIME/HOUR Self Rating/comments - how you responded, your focus, distractions	Date 1 hour	2 hour	SECOND TIME/HOUR Self Rating/comments - how you responded, your focus, distractions	Comments/Reminders/Action items
19 WEEK CHALLENGE - SCHEDULE (19 Week is the program name based on the 19 chapters of the book "The War is On". You do at the pace you can.							
Example 1.1		1 Jul 2025	I was half asleep, family kept calling me, distracted with my phone		4 Jul 2025	Much better, 70% focus	Tips: have my journal and pens ready. Dance/Stand to ensure I stay focused and help so body doesn't get stiff. Emotional session for me, lots of tears or Wow, this is really new for me. I need to revisit at a later date.
Intro to 19 week							
1.1 Identity							
1.2 Rest							
1.3 Rock							
1.4 Family							
2.1 Altar							
2.2 Sound							
2.3 Trust							
3.1 Gethsemane							
3.2 Childhood Joy							
3.3 Blood							
3.4 Communion							
4.1 Breath							
4.2 Warrior							
4.3 Rejection	1 hour	2 hour	Self Rating/comments - how you responded, your focus, distractions	1 hour	2 hour	Self Rating/comments - how you responded, your focus, distractions	

Videos/Audio	Date		FIRST TIME/HOUR	Date		SECOND TIME/HOUR	
	1 hour	2 hour	Self Rating/comments - how you responded, your focus, distractions	1 hour	2 hour	Self Rating/comments - how you responded, your focus, distractions	Comments/Reminders/Action items
5.1 My Rod							
5.2 Rod							
5.3 Fear							
6.1 Programming_ Singularity							
6.2 Body Denial							
6.3 Cosmic Programming							
7.1 Trees							
7.2 Restoration of Trees							
7.3 Tree Detanglement							
7.4 Decoding Trees							
8.1 Cleansing our waters							
8.2 Bad Altars							
8.3 Good Altar							

ADDITIONAL COMMENTS/ACTIONS: