APP ENTRY PAGE

WHAT BRINGS YOU TO PLPOSITIVE

DEVELOP GRATITUDE

REDUCE PHANTOM PAIN

REDUCE ANXIETY

IMPROVE PERFORMANCE

INCREASE HAPPINES

BETTER SLEEP

BUILD SELF ESTEEM

REDUCE STRESS

CREATE AN ACCOUNT TO SAVE YOUR PROGRESS

COUNTINUTE WITH EMAIL

COUNTINUE WITH APPLE

COUNTINUTE WITH GOOGLE

BY TAPPING COUNTINUE OR LOGGING INTO AN EXISTING \_APP NAME ACCOUNT YOU AGREE TO OUR TERMS AND ACKNLOWEDGE THAT YOU HAVE READ ORU PRIVACY POLICY WHICH EXPLAINS HOW TO OPT OUT OF OFFERS AND PROMOS

HAVE AN ACCOUNT? LOG IN

YOUR PLAN IS READY.  
UNLOCK PLPOSITIVE FOR FREE  
50,000+ MINUTES OF AUDIO DESIGNED TO RELIEVE PAIN, ANXIETY, STRESS AND MORE

EXCLUSIVE MUSIC FOR SLEEP AND RELAXTION  
BIOFEEDBACK WITH ACTIVEWEAR INCLUDED  
AI BASED INSIGHTS  
PREMIUM CUSTOM AVATARS BY YOUR CHOICE  
ENGAGING SPORTS GAME TO INCREASE MOTOR PERFOMANCE  
  
YEAR PLAN, MONTHLY PLAN  
  
HOW DID YOU HEAR ABOUT CALM  
FRIEND OR FAMILY

SOCIAL MEDIA OR ONLINE ADD

MY EMPLOYEER  
APP STORE OR GOOGLE STORE  
TV AD  
THERAPIST OR HEALTH PROFFESIONAL  
ARTICLE OR BLOG  
PODCAST AD  
BILLBOARD  
OTHER  
  
JOURNEY   
WELCOME TO YOUR JOURNEY   
NAVIGATE LIFE UPS AND DOWNS WITH DAILY ACTIVITIES THAT BUILD HEALLTHY HABITS  
TOOLS IN YOUR BACK POCKET  
PROGRESS THROUGH EACH LEVEL BY WORKING ON SKILLS THAT HELP YOU WITH YOUR JOURNEY  
GUIDANCE TO HELP YOU GROW  
GROWTH AREAS FOR EACH JOURNEY HELP YOU WORK ON DEFEATING WHAT GETTING IN YOUR way  
LEVEL 1   
INTROUDUCTION  
CALMING SESSION  
LEVEL 2   
  
  
REFERALS – GIFT 30 DAY GUEST PASSES   
EARN EXCLUSE APP REWARDS WITH EACH PERSON WHO STARTS A FREE TRIAL THROUGH YOUR LINK  
SHARE GUEST PASSES

MY STATS  
TOTAL SESSIONS , MINDFUL MINUTES, BIOFEEDBACK SESSIONS , LONGEST STREAK  
MY STREAK BY CALENDER – SHARE MY STREAK  
MY STREAK HISTORY  
MY HISTORY BY ACTIVITY  
REFELECTIONS  
QUICK JOURNAL  
DAILY RELEFCTION  
GRATITUDE CHECK IN   
MOOD CHECK IN  
SLEEP CHECK IN  
PAIN CHECK IN