



**Program:** *Quest for the Empowered Self*  
(COUN120 Quest for Identity/Life Skills)

**Start Date:** January 19, 2008

**End Date:** May 23, 2008

**Program Airs on PCTV:** **Sunday 6:00a.m. - 7:00a.m.**  
**Sunday 10:00a.m. - 11:00a.m.**  
**Monday/Wednesday 9:00a.m. - 9:30a.m.**  
**Tuesday/Thursday 5:00a.m. - 5:30a.m.**

**Program Airs on ITV:** **Sunday 10:00a.m. - 11:00a.m.**

Ch.	Date	Start Time	End Time	Program(s)
PCTV	January 20, 2008	6:00 AM	7:00 AM	101: Finding Your Life Answers Within 102: How to Make Inner Changes
ITV	January 20, 2008	10:00 AM	11:00 AM	101: Finding Your Life Answers Within 102: How to Make Inner Changes
PCTV	January 21, 2008	9:00 AM	9:30 AM	101: Finding Your Life Answers Within
PCTV	January 22, 2008	5:00 AM	5:30 AM	101: Finding Your Life Answers Within
PCTV	January 23, 2008	9:00 AM	9:30 AM	102: How to Make Inner Changes
PCTV	January 24, 2008	5:00 AM	5:30 AM	102: How to Make Inner Changes
PCTV	January 27, 2008	6:00 AM	7:00 AM	101: Finding Your Life Answers Within 102: How to Make Inner Changes
ITV	January 27, 2008	10:00 AM	11:00 AM	101: Finding Your Life Answers Within 102: How to Make Inner Changes
PCTV	January 28, 2008	9:00 AM	9:30 AM	101: Finding Your Life Answers Within
PCTV	January 29, 2008	5:00 AM	5:30 AM	101: Finding Your Life Answers Within
PCTV	January 30, 2008	9:00 AM	9:30 AM	102: How to Make Inner Changes
PCTV	January 31, 2008	5:00 AM	5:30 AM	102: How to Make Inner Changes
PCTV	February 3, 2008	6:00 AM	7:00 AM	103: Values Clarification 104: Discovering What Motivates You
ITV	February 3, 2008	10:00 AM	11:00 AM	103: Values Clarification 104: Discovering What Motivates You
PCTV	February 4, 2008	9:00 AM	9:30 AM	103: Values Clarification
PCTV	February 5, 2008	5:00 AM	5:30 AM	103: Values Clarification
PCTV	February 6, 2008	9:00 AM	9:30 AM	104: Discovering What Motivates You
PCTV	February 7, 2008	5:00 AM	5:30 AM	104: Discovering What Motivates You



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Ch.	Date	Start Time	End Time	Program(s)
<b>PCTV</b>	February 10, 2008	6:00 AM	7:00 AM	105: Discovering Your Personality 106: Key Personality Theories/Writing a Life Mission Statement
<b>ITV</b>	February 10, 2008	10:00 AM	11:00 AM	105: Discovering Your Personality 106: Key Personality Theories/Writing a Life Mission Statement
<b>PCTV</b>	February 11, 2008	9:00 AM	9:30 AM	105: Discovering Your Personality
<b>PCTV</b>	February 12, 2008	5:00 AM	5:30 AM	105: Discovering Your Personality
<b>PCTV</b>	February 13, 2008	9:00 AM	9:30 AM	106: Key Personality Theories/Writing a Life Mission Statement
<b>PCTV</b>	February 14, 2008	5:00 AM	5:30 AM	106: Key Personality Theories/Writing a Life Mission Statement
<b>PCTV</b>	February 17, 2008	6:00 AM	7:00 AM	107: Accessing Your Inner Guidance System 108: Increasing Your Emotional Intelligence
<b>ITV</b>	February 17, 2008	10:00 AM	11:00 AM	107: Accessing Your Inner Guidance System 108: Increasing Your Emotional Intelligence
<b>PCTV</b>	February 18, 2008	9:00 AM	9:30 AM	107: Accessing Your Inner Guidance System
<b>PCTV</b>	February 19, 2008	5:00 AM	5:30 AM	107: Accessing Your Inner Guidance System
<b>PCTV</b>	February 20, 2008	9:00 AM	9:30 AM	108: Increasing Your Emotional Intelligence
<b>PCTV</b>	February 21, 2008	5:00 AM	5:30 AM	108: Increasing Your Emotional Intelligence
<b>PCTV</b>	February 24, 2008	6:00 AM	7:00 AM	109: Empowering Your Beliefs and Attitudes 110: Life Balance - Part 1
<b>ITV</b>	February 24, 2008	10:00 AM	11:00 AM	109: Empowering Your Beliefs and Attitudes 110: Life Balance - Part 1
<b>PCTV</b>	February 25, 2008	9:00 AM	9:30 AM	109: Empowering Your Beliefs and Attitudes
<b>PCTV</b>	February 26, 2008	5:00 AM	5:30 AM	109: Empowering Your Beliefs and Attitudes
<b>PCTV</b>	February 27, 2008	9:00 AM	9:30 AM	110: Life Balance - Part 1
<b>PCTV</b>	February 28, 2008	5:00 AM	5:30 AM	110: Life Balance - Part 1



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**Program Airs on ITV:** **Sunday 10:00a.m. - 11:00a.m.**

Ch.	Date	Start Time	End Time	Program(s)
PCTV	March 2, 2008	6:00 AM	7:00 AM	111: Life Balance - Part 2 112: Correcting Your Thinking Errors
ITV	March 2, 2008	10:00 AM	11:00 AM	111: Life Balance - Part 2 112: Correcting Your Thinking Errors
PCTV	March 3, 2008	9:00 AM	9:30 AM	111: Life Balance - Part 2
PCTV	March 4, 2008	5:00 AM	5:30 AM	111: Life Balance - Part 2
PCTV	March 5, 2008	9:00 AM	9:30 AM	112: Correcting Your Thinking Errors
PCTV	March 6, 2008	5:00 AM	5:30 AM	112: Correcting Your Thinking Errors
PCTV	March 9, 2008	6:00 AM	7:00 AM	113: Stress Busters That Work 114: Defense Mechanisms
ITV	March 9, 2008	10:00 AM	11:00 AM	113: Stress Busters That Work 114: Defense Mechanisms
PCTV	March 10, 2008	9:00 AM	9:30 AM	113: Stress Busters That Work
PCTV	March 11, 2008	5:00 AM	5:30 AM	113: Stress Busters That Work
PCTV	March 12, 2008	9:00 AM	9:30 AM	114: Defense Mechanisms
PCTV	March 13, 2008	5:00 AM	5:30 AM	114: Defense Mechanisms
PCTV	March 16, 2008	6:00 AM	7:00 AM	115: Building High Self-Esteem - Part 1 116: Building High Self-Esteem - Part 2
ITV	March 16, 2008	10:00 AM	11:00 AM	115: Building High Self-Esteem - Part 1 116: Building High Self-Esteem - Part 2
PCTV	March 17, 2008	9:00 AM	9:30 AM	115: Building High Self-Esteem - Part 1
PCTV	March 18, 2008	5:00 AM	5:30 AM	115: Building High Self-Esteem - Part 1
PCTV	March 19, 2008	9:00 AM	9:30 AM	116: Building High Self-Esteem - Part 2
PCTV	March 20, 2008	5:00 AM	5:30 AM	116: Building High Self-Esteem - Part 2



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Ch.	Date	Start Time	End Time	Program(s)
<b>PCTV</b>	March 23, 2008	6:00 AM	7:00 AM	117: Wise Problem Solving and Decision Making 118: Launching a Goal Setting Plan
<b>ITV</b>	March 23, 2008	10:00 AM	11:00 AM	117: Wise Problem Solving and Decision Making 118: Launching a Goal Setting Plan
<b>PCTV</b>	March 24, 2008	9:00 AM	9:30 AM	117: Wise Problem Solving and Decision Making
<b>PCTV</b>	March 25, 2008	5:00 AM	5:30 AM	117: Wise Problem Solving and Decision Making
<b>PCTV</b>	March 26, 2008	9:00 AM	9:30 AM	118: Launching a Goal Setting Plan
<b>PCTV</b>	March 27, 2008	5:00 AM	5:30 AM	118: Launching a Goal Setting Plan
<b>PCTV</b>	March 30, 2008	6:00 AM	7:00 AM	119: Learning Key Life Skills 120: Self Integrity and Valuing Differences
<b>ITV</b>	March 30, 2008	10:00 AM	11:00 AM	119: Learning Key Life Skills 120: Self Integrity and Valuing Differences
<b>PCTV</b>	March 31, 2008	9:00 AM	9:30 AM	119: Learning Key Life Skills
<b>PCTV</b>	April 1, 2008	5:00 AM	5:30 AM	119: Learning Key Life Skills
<b>PCTV</b>	April 2, 2008	9:00 AM	9:30 AM	120: Self Integrity and Valuing Differences
<b>PCTV</b>	April 3, 2008	5:00 AM	5:30 AM	120: Self Integrity and Valuing Differences
<b>PCTV</b>	April 6, 2008	6:00 AM	7:00 AM	121: Understanding the Differences Between Men and Women 122: Mastering Self Discipline - Part 1
<b>ITV</b>	April 6, 2008	10:00 AM	11:00 AM	121: Understanding the Differences Between Men and Women 122: Mastering Self Discipline - Part 1
<b>PCTV</b>	April 7, 2008	9:00 AM	9:30 AM	121: Understanding the Differences Between Men and Women
<b>PCTV</b>	April 8, 2008	5:00 AM	5:30 AM	121: Understanding the Differences Between Men and Women
<b>PCTV</b>	April 9, 2008	9:00 AM	9:30 AM	122: Mastering Self Discipline - Part 1
<b>PCTV</b>	April 10, 2008	5:00 AM	5:30 AM	122: Mastering Self Discipline - Part 1



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Ch.	Date	Start Time	End Time	Program(s)
PCTV	April 13, 2008	6:00 AM	7:00 AM	123: Mastering Self Discipline - Part 2 124: Self-Assertion
ITV	April 13, 2008	10:00 AM	11:00 AM	123: Mastering Self Discipline - Part 2 124: Self-Assertion
PCTV	April 14, 2008	9:00 AM	9:30 AM	123: Mastering Self Discipline - Part 2
PCTV	April 15, 2008	5:00 AM	5:30 AM	123: Mastering Self Discipline - Part 2
PCTV	April 16, 2008	9:00 AM	9:30 AM	124: Self-Assertion
PCTV	April 17, 2008	5:00 AM	5:30 AM	124: Self-Assertion
PCTV	April 20, 2008	6:00 AM	7:00 AM	125: Developing Rapport with Others 126: Creating Win/Win Solutions
ITV	April 20, 2008	10:00 AM	11:00 AM	125: Developing Rapport with Others 126: Creating Win/Win Solutions
PCTV	April 21, 2008	9:00 AM	9:30 AM	125: Developing Rapport with Others
PCTV	April 22, 2008	5:00 AM	5:30 AM	125: Developing Rapport with Others
PCTV	April 23, 2008	9:00 AM	9:30 AM	126: Creating Win/Win Solutions
PCTV	April 24, 2008	5:00 AM	5:30 AM	126: Creating Win/Win Solutions
PCTV	April 27, 2008	6:00 AM	7:00 AM	101: Finding Your Life Answers Within 102: How to Make Inner Changes
ITV	April 27, 2008	10:00 AM	11:00 AM	101: Finding Your Life Answers Within 102: How to Make Inner Changes
PCTV	April 28, 2008	9:00 AM	9:30 AM	101: Finding Your Life Answers Within
PCTV	April 29, 2008	5:00 AM	5:30 AM	101: Finding Your Life Answers Within
PCTV	April 30, 2008	9:00 AM	9:30 AM	102: How to Make Inner Changes
PCTV	May 1, 2008	5:00 AM	5:30 AM	102: How to Make Inner Changes



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**Program Airs on ITV:** **Sunday 10:00a.m. - 11:00a.m.**

Ch.	Date	Start Time	End Time	Program(s)
PCTV	May 4, 2008	6:00 AM	7:00 AM	103: Values Clarification 104: Discovering What Motivates You
ITV	May 4, 2008	10:00 AM	11:00 AM	103: Values Clarification 104: Discovering What Motivates You
PCTV	May 5, 2008	9:00 AM	9:30 AM	103: Values Clarification
PCTV	May 6, 2008	5:00 AM	5:30 AM	103: Values Clarification
PCTV	May 7, 2008	9:00 AM	9:30 AM	104: Discovering What Motivates You
PCTV	May 8, 2008	5:00 AM	5:30 AM	104: Discovering What Motivates You
PCTV	May 11, 2008	6:00 AM	7:00 AM	105: Discovering Your Personality 106: Key Personality Theories/Writing a Life Mission Statement
ITV	May 11, 2008	10:00 AM	11:00 AM	105: Discovering Your Personality 106: Key Personality Theories/Writing a Life Mission Statement
PCTV	May 12, 2008	9:00 AM	9:30 AM	105: Discovering Your Personality
PCTV	May 13, 2008	5:00 AM	5:30 AM	105: Discovering Your Personality
PCTV	May 14, 2008	9:00 AM	9:30 AM	106: Key Personality Theories/Writing a Life Mission Statement
PCTV	May 15, 2008	5:00 AM	5:30 AM	106: Key Personality Theories/Writing a Life Mission Statement
PCTV	May 18, 2008	6:00 AM	7:00 AM	107: Accessing Your Inner Guidance System 108: Increasing Your Emotional Intelligence
ITV	May 18, 2008	10:00 AM	11:00 AM	107: Accessing Your Inner Guidance System 108: Increasing Your Emotional Intelligence
PCTV	May 19, 2008	9:00 AM	9:30 AM	107: Accessing Your Inner Guidance System
PCTV	May 20, 2008	5:00 AM	5:30 AM	107: Accessing Your Inner Guidance System
PCTV	May 21, 2008	9:00 AM	9:30 AM	108: Increasing Your Emotional Intelligence
PCTV	May 22, 2008	5:00 AM	5:30 AM	108: Increasing Your Emotional Intelligence