



## MONTH 0:

- Introductory Team Meeting
- Introductory Email
- Read the EO Book Introduction | ~ 10 Minutes

- Fill out the EO Companion Workbook Introduction Section | ~ 30 Minutes
- Answer the questions in the Introduction Discussion Guide | ~ 20 Minutes
- Complete the Leadership Assessment | ~ 15 Minutes



## MONTH 1:

### WEEK 1 // LEARN

- Read the EO Book Chapter 1: Extreme Ownership | ~ 30 Minutes
- Complete the EO Academy Module Extreme Ownership 101: Extreme Ownership | ~ 60 Minutes

### WEEK 2 // REFLECT

- Fill out the EO Companion Workbook Chapter 1 Section | ~ 30 Minutes

### WEEK 3 // ENGAGE

- Chapter 1: Extreme Ownership Team Meeting | 60 Minutes

### WEEK 4 // APPLY

- Chapter 1: Extreme Ownership Immediate Action Drill Implementation

## MONTH 3:

### WEEK 1 // LEARN

- Read the EO Book Chapter 3: Believe | ~ 30 Minutes
- Complete the EO Academy Module Extreme Ownership 103: Believe | ~ 60 Minutes

### WEEK 2 // REFLECT

- Fill out the EO Companion Workbook Chapter 3 Section | ~ 30 Minutes

### WEEK 3 // ENGAGE

- Chapter 3: Believe Team Meeting | 60 Minutes

### WEEK 4 // APPLY

- Chapter 3: Believe Immediate Action Drill Implementation

## MONTH 2:

### WEEK 1 // LEARN

- Read the EO Book Chapter 2: No Bad Teams, Only Bad Leaders | ~ 30 Minutes
- Complete the EO Academy Module Extreme Ownership 102: No Bad Teams, Only Bad Leaders | ~ 60 Minutes

### WEEK 2 // REFLECT

- Fill out the EO Companion Workbook Chapter 2 Section | ~ 30 Minutes

### WEEK 3 // ENGAGE

- Chapter 2: No Bad Teams, Only Bad Leaders Team Meeting | 60 Minutes

### WEEK 4 // APPLY

- Chapter 2: No Bad Teams, Only Bad Leaders Immediate Action Drill Implementation

## MONTH 4:

### WEEK 1 // LEARN

- Read the EO Book Chapter 4: Check the Ego | ~ 30 Minutes
- Complete the EO Academy Module Extreme Ownership 104: Check the Ego | ~ 60 Minutes

### WEEK 2 // REFLECT

- Fill out the EO Companion Workbook Chapter 4 Section | ~ 30 Minutes

### WEEK 3 // ENGAGE

- Chapter 4: Check the Ego Team Meeting | 60 Minutes

### WEEK 4 // APPLY

- Chapter 4: Check the Ego Immediate Action Drill Implementation



## MONTH 5:

### WEEK 1 // LEARN

- Read the EO Book Chapter 5: Cover and Move | ~ 30 Minutes
- Complete the EO Academy Module Extreme Ownership 105: Cover and Move | ~ 60 Minutes

### WEEK 2 // REFLECT

- Fill out the EO Companion Workbook Chapter 5 Section | ~ 30 Minutes

### WEEK 3 // ENGAGE

- Chapter 5: Cover and Move Team Meeting | 60 Minutes

### WEEK 4 // APPLY

- Chapter 5: Cover and Move Immediate Action Drill Implementation

## MONTH 7:

### WEEK 1 // LEARN

- Read the EO Book Chapter 7: Prioritize and Execute | ~ 30 Minutes
- Complete the EO Academy Module Extreme Ownership 107: Prioritize and Execute | ~ 60 Minutes

### WEEK 2 // REFLECT

- Fill out the EO Companion Workbook Chapter 7 Section | ~ 30 Minutes

### WEEK 3 // ENGAGE

- Chapter 7: Prioritize and Execute Team Meeting | 60 Minutes

### WEEK 4 // APPLY

- Chapter 7: Prioritize and Execute Immediate Action Drill Implementation

## MONTH 6:

### WEEK 1 // LEARN

- Read the EO Book Chapter 6: Simple | ~ 30 Minutes
- Complete the EO Academy Module Extreme Ownership 106: Simple | ~ 60 Minutes

### WEEK 2 // REFLECT

- Fill out the EO Companion Workbook Chapter 6 Section | ~ 30 Minutes

### WEEK 3 // ENGAGE

- Chapter 6: Simple Team Meeting | 60 Minutes

### WEEK 4 // APPLY

- Chapter 6: Simple Immediate Action Drill Implementation

## MONTH 8:

### WEEK 1 // LEARN

- Read the EO Book Chapter 8: Decentralized Command | ~ 30 Minutes
- Complete the EO Academy Module Extreme Ownership 108: Decentralized Command | ~ 60 Minutes

### WEEK 2 // REFLECT

- Fill out the EO Companion Workbook Chapter 8 Section | ~ 30 Minutes

### WEEK 3 // ENGAGE

- Chapter 8: Decentralized Command Team Meeting | 60 Minutes

### WEEK 4 // APPLY

- Chapter 8: Decentralized Command Immediate Action Drill Implementation



## MONTH 9:

### WEEK 1 // LEARN

- Read the EO Book Chapter 9: Plan | ~ 30 Minutes
- Complete the EO Academy Module Extreme Ownership 109: Plan | ~ 60 Minutes

### WEEK 2 // REFLECT

- Fill out the EO Companion Workbook Chapter 9 Section | ~ 30 Minutes

### WEEK 3 // ENGAGE

- Chapter 9: Plan Team Meeting | 60 Minutes

### WEEK 4 // APPLY

- Chapter 9: Plan Immediate Action Drill Implementation

## MONTH 11:

### WEEK 1 // LEARN

- Read the EO Book Chapter 11: Decisiveness amid Uncertainty | ~ 30 Minutes
- Complete the EO Academy Module Extreme Ownership 111: Decisiveness amid Uncertainty | ~ 60 Minutes

### WEEK 2 // REFLECT

- Fill out the EO Companion Workbook Chapter 11 Section | ~ 30 Minutes

### WEEK 3 // ENGAGE

- Chapter 11: Decisiveness amid Uncertainty Team Meeting | 60 Minutes

### WEEK 4 // APPLY

- Chapter 11: Decisiveness amid Uncertainty Immediate Action Drill Implementation

## MONTH 10:

### WEEK 1 // LEARN

- Read the EO Book Chapter 10: Leading Up and Down the Chain of Command | ~ 30 Minutes
- Complete the EO Academy Module Extreme Ownership 110: Leading Up and Down the Chain of Command | ~ 60 Minutes

### WEEK 2 // REFLECT

- Fill out the EO Companion Workbook Chapter 10 Section | ~ 30 Minutes

### WEEK 3 // ENGAGE

- Chapter 10: Leading Up and Down the Chain of Command Team Meeting | 60 Minutes

### WEEK 4 // APPLY

- Chapter 10: Leading Up and Down the Chain of Command Immediate Action Drill Implementation

## MONTH 12:

### WEEK 1 // LEARN

- Read the EO Book Chapter 12: Discipline Equals Freedom – The Dichotomy of Leadership | ~ 30 Minutes
- Complete the EO Academy Module Extreme Ownership 112: Discipline Equals Freedom – The Dichotomy of Leadership | ~ 60 Minutes

### WEEK 2 // REFLECT

- Fill out the EO Companion Workbook Chapter 12 Section | ~ 30 Minutes

### WEEK 3 // ENGAGE

- Chapter 12: Discipline Equals Freedom – The Dichotomy of Leadership Team Meeting | 60 Minutes

### WEEK 4 // APPLY

- Chapter 12: Discipline Equals Freedom – The Dichotomy of Leadership Immediate Action Drill Implementation

