



Getting Started Guide

Confidentiality

Confidentiality is an important component of **Driven**. When you sign up, take the 16-question assessment, and utilize the training, it is completely confidential. You will get the most out of the Driven training by answering the 16 questions as genuinely as possible. This assessment will be used by the Driven software to direct your daily training.

If you have questions

Please contact Kevin Hammond khammond@firstwatch.net if you need further instructions or help with any of these items.

Steps Outlined

1. Signup on your phone
2. Install the app
3. Login to the app
4. 16 Question Assessment
5. Daily Micro-tasks

1. Signup on your phone*

To get started today, go on your phone and click on the link below. It is important that you get there by clicking on the link instead of typing in the link. Following the link ensures that the code will apply, and it will be free.

<http://hellodriven.com/signup/VSBIT>

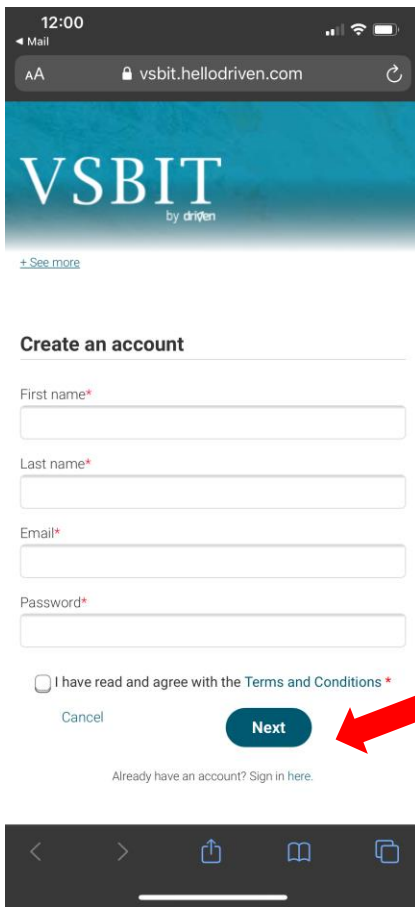
This should take about 1-2 minutes to get signed up. *(the VSBIT link will also work on your desktop.)



You should now be launched in your web browser on your phone.

On the first screen, you will enter **first name**, **last name**, **email**, and **password** of your choice. (Enter the email address where you would like to receive your assessment results. You can either use your work or personal email address based on preference.)

Check that you have read and agree with terms and conditions and click **“Next.”**



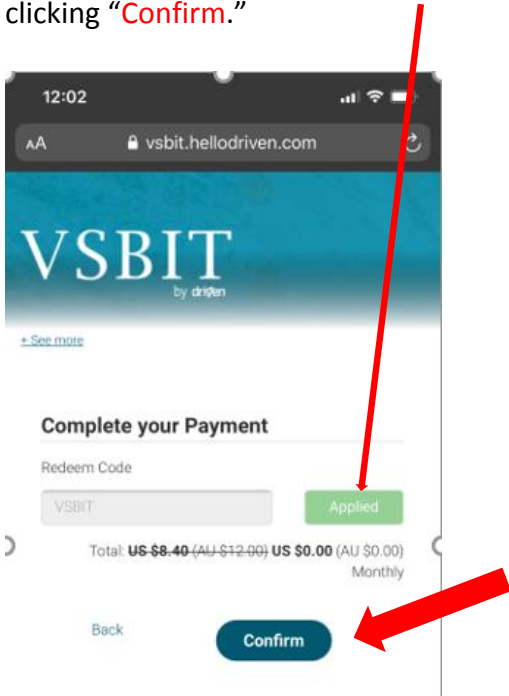


On the next screen, in the dropdown menus, choose “United States” for **Country** and “Education” for **Industry**. Click “**Next**.”

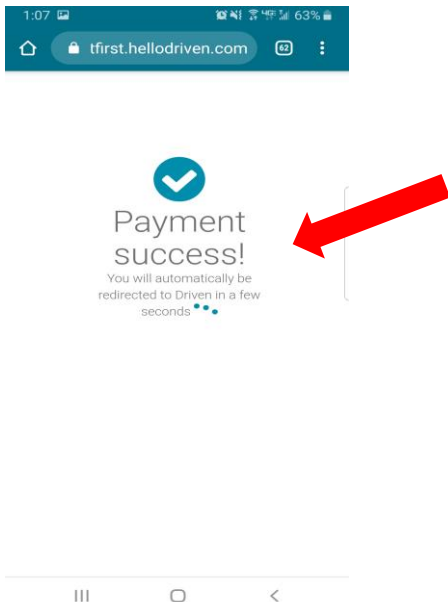




On the next screen, the “Redeem Code” will already be populated with “VSBIT”, click “Confirm” if the button is green and shows “Applied.” (If the green button is white and shows “Apply”, click “Apply” before clicking “Confirm.”)



The next screen will show “Payment success!” This screen might take a few seconds.





2. Install the app

You will receive two confirmation emails that look like the screenshots below.

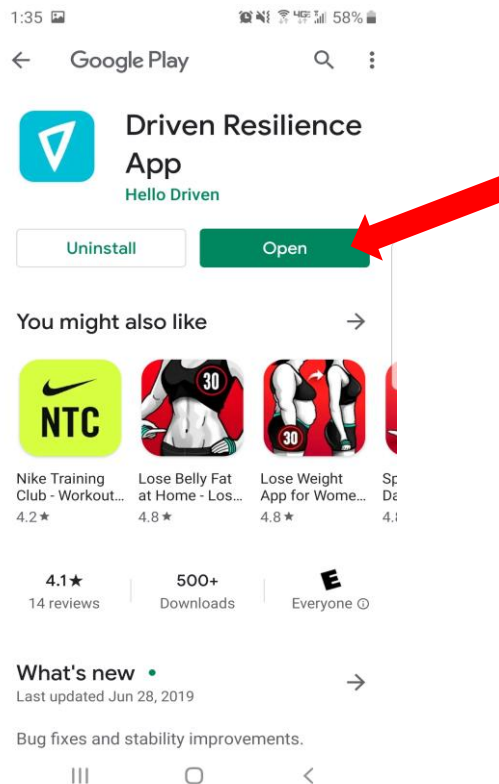
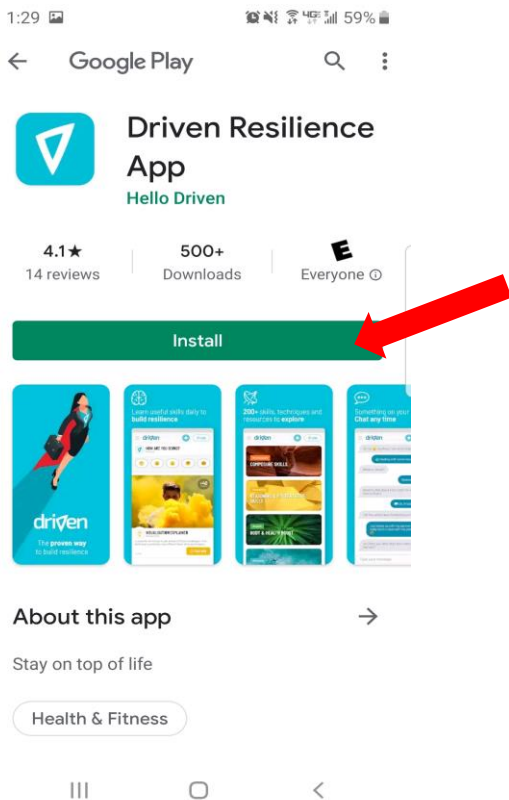
Both emails will direct you to the app download (scroll to the bottom of either email to download the app). Please download the app by **CLICKING** on the link in your **EMAIL**.

Click on **“App Store”** if you are on an iPhone

Click on **“Google Play”** if you are on an Android

When the app store launches you will see the Driven Resilience App, Click **“Install.”**

Once installed, click **“Open.”**



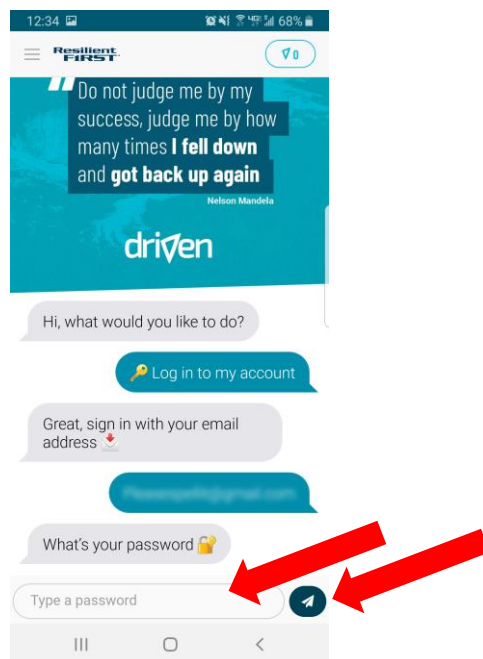
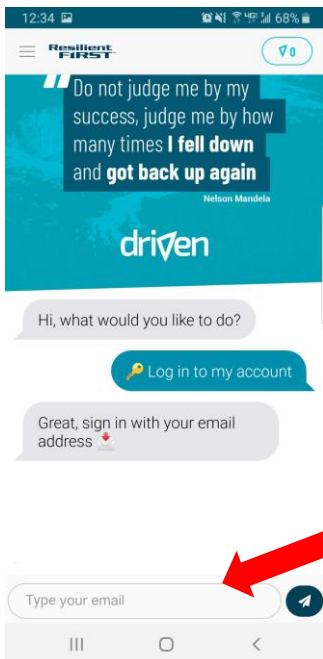


3. Login to the app

When you get to the opened app, click on “Log in to my account.”



It will ask you to enter your **email** that you just registered with. Enter your **email**. Click the Send button (paper airplane). Then it will ask for your **password**. Enter your **password**. Click the Send button.

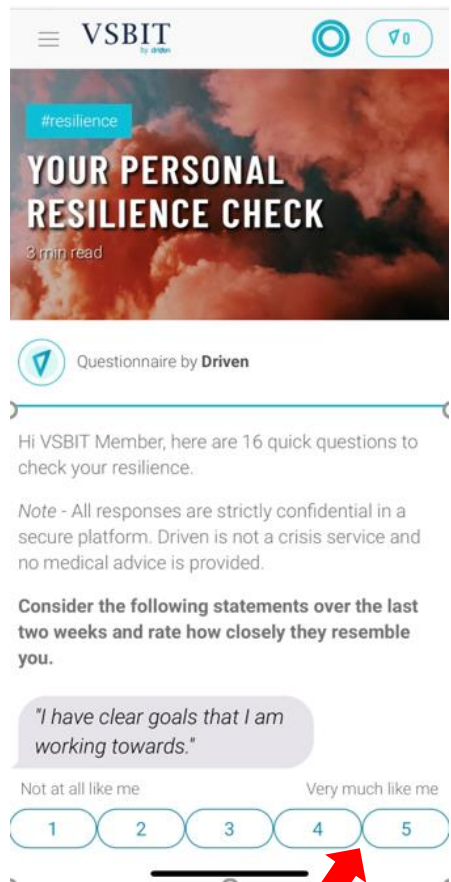
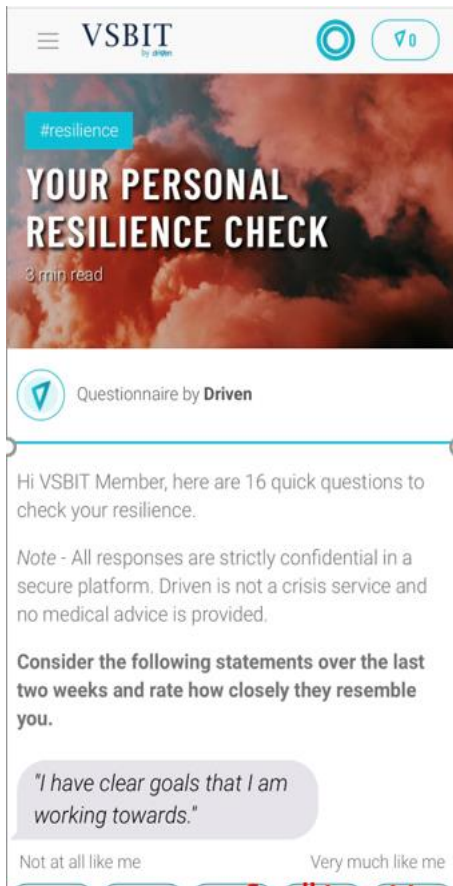




4. 16 Question Assessment

Once you are logged into Driven on the app you will see the PR6 assessment. You can begin your assessment here. **This should take about 2-5 minutes.**

Note: You will get the most out of the Driven training by answering as genuinely as possible. This assessment is confidential, and the Driven software will provide you a custom daily training.



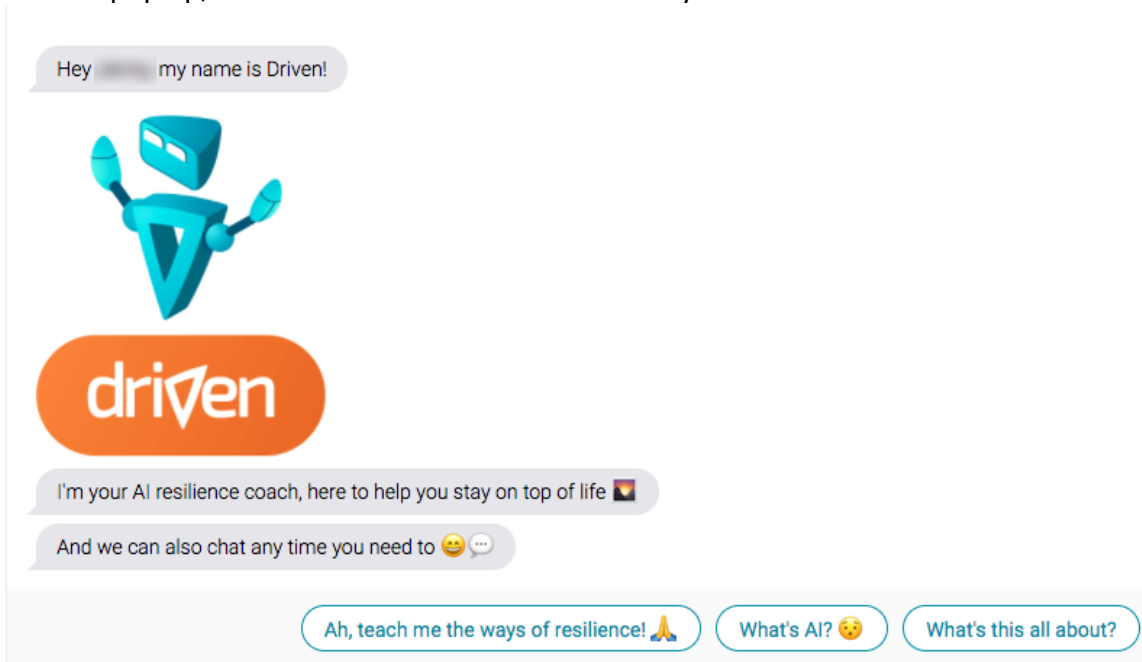
Scroll to get to top of the start



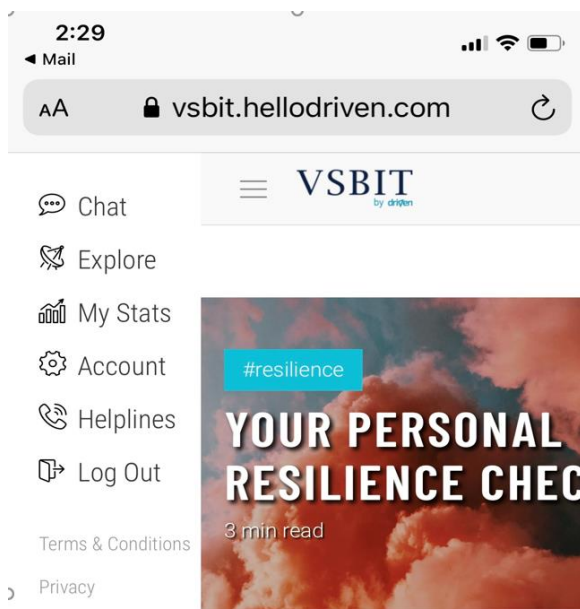


5. Daily Micro-tasks

Once you have finished the 16 questions in the PR6, that's it, you're ready to build your resilience! This chat will pop up, and this is also what it shows when you click the "Chat" menu.



Here are the other menus...





You can go to “My Stats” to see your PR6 score.

MOOD CHART
#mood

RESILIENCE SCORE
#resilience

Your Score: 68/100

Overall resilience score is 68%, indicating that you currently have a medium level of resilience.

My strengths

- **Tenacity** (100 - High)
- **Collaboration** (100 - High)
- **Health** (82 - High)

Focus areas

- **Composure** (12 - Low)
- **Reasoning** (52 - Medium)
- **Vision** (72 - Medium)

PR6 Resilience Report

You can go to “Explore” for more areas to work on.

#vision
VISION - FINDING MEANING & PURPOSE

#composure
COMPOSURE & MANAGING EMOTION SKILLS

#reasoning
REASONING & PREVENTATIVE SKILLS

#health
BODY & HEALTH BOOST



You can go to “Driven Daily” to choose different chat topics.

HOW ARE YOU DOING?
#mood

UP NEXT

+50 Points

INTRODUCTION
#resilience

Welcome to Driven! Here's a quick introduction and orientation to get you started.

4 mins

CHAT NOW

UPCOMING

+75 Points

YOUR RESILIENCE SCORES
#resilience

How did you score on the six domains of resilience? Let's get into it.

6 mins

CHAT NOW

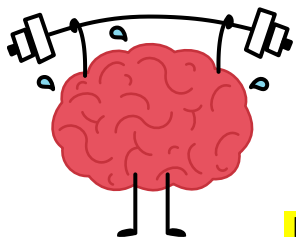
+90 Points

VISION INTRO - DAY 1
#vision

Vision is the most important domain of resilience. Jump in and find out what makes this tick in your brain.

4 mins

CHAT NOW



It just takes 3-5 minutes a day, or you can spend as much time as you would like to in the app. It's like taking your brain to the gym.

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