

# BENEFITS AND RESULTS OF MENTAL FITNESS

POWERED BY: POSITIVE INTELLIGENCE ®

Positive Intelligence (PQ) coaching is a systematic method of powerful mental fitness techniques, where we heal through self-awareness and contemplations. We focus on self-sabotage pattern recognition and how to rewire the brain for lasting growth and resilience.



**Quiet your mind and develop the ability to refocus quickly throughout the day.**

Use your existing routines to practice PQ Reps and build Self-Command.



**Shift away from judgment of self, others, and circumstances toward a positive mindset.**

Recognize and catch the Judge Saboteur and celebrate your win.



**Replace negative mental patterns with Self-Command.**

Catch your top Accomplice Saboteurs and celebrate your win.



**Shift from judgment to compassion using the Empathize Sage Power.**

Practice showing empathy for yourself and others.



**Learn to Accept or Convert any challenge into a gift or opportunity using the Sage Perspective, Explore, and Innovate Powers.**

Practice using curiosity and creativity to overcome obstacles.



**Take decisive, purposeful action using the Activate Sage Power.**

Practice turning your insights and intentions into concrete steps that align with your goals.



**Apply all 5 Sage Powers to long-term decisions and daily life.**

Practice using the Navigate Sage Power to align your actions with your deeper purpose.

## POSITIVE INTELLIGENCE COACH



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# STRUCTURE OF MENTAL FITNESS

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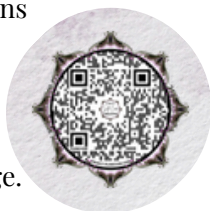
Positive mental and emotional support. has been connected to neuroscience and intuitive based techniques, that awakening your Sage brain. Your Sage brain is connected to your true authentic self and it is naturally skilled in self-healing.

## START A MENTAL FITNESS JOURNEY TODAY!

- .....➔ **JOIN:** a virtual Positive Intelligence cohort
- .....➔ **HOST:** a Sage Awakening Workshop
- .....➔ **HOUSE:** 9 week Positive Intelligence class

Mental fitness focuses on breaking free from a negative mindset, that self-sabotage narrates and becoming more resilient - being healthier, happier, and empowered.

- **Weaken Saboteurs:**
  - Quiet the negative mental patterns that limit your potential.
- **Build Self-Command:**
  - Gain control over your negative reactions and become more centered, no matter the challenge.
- **Strengthen Sage Powers:**
  - Increase empathy, creativity, focus, and purposeful action.
- **Self-Actualize:**
  - Walk in your purposeful life, increase confidence by learning to process trauma.



Positive Intelligence, studied at Stanford University -developed by Shirzad Chamine, is a trademarked system based in promoting powering ones Sage Powers to weakening Saboteur interference- to have the opportunity to live life in ease and flow.