



Introduction to Positive Intelligence (PQ)

Before we dive into the exercise, let's quickly cover some key concepts:

- **Positive Intelligence (PQ):** This is your mind's ability to respond to challenges in a *positive* rather than negative manner. It's a measure of your mental fitness.
- **Saboteurs:** These are the negative voices in your head. They are your inner critics and worry-warts, often disguised as self-protection but actually holding you back. Common saboteurs include the Judge (self-criticism), the Stickler (perfectionism), and the Pleaser (seeking others' approval at your own expense).
 - Other Saboteurs include: The Controller, The Avoider, The Hyper-Achiever, The Hyper-Rational, The Hyper-Vigilant, The Restless, The Victim
- **Sage:** This is your inner wisdom and strength. It is the voice of reason, compassion, and clear-headed action. When you are in "Sage" mode, you approach challenges with curiosity, empathy, and innovation.

The goal of PQ is to *weaken* your Saboteurs and *strengthen* your Sage, leading to better performance, greater happiness, and less stress.

Step 1: Meet Your Saboteurs

- Reflect on recent situations where you felt stressed, anxious, or self-critical.
- Jot down 2-3 negative thoughts you had. These are your Saboteurs talking.
- Try to name your Saboteurs. For example:
 - "I'm not good enough for this promotion" (Judge Saboteur)

- "I need to double-check everything again" (Stickler Saboteur)
- "I can't say no to this request" (Pleaser Saboteur)

Step 2: Activate Your Sage

- For each Saboteur thought, ask yourself: "How might my wisest self view this situation?"
- Write down a more balanced, compassionate perspective for each. This is your Sage speaking.
- Example:
 - Saboteur: "I'm not good enough for this promotion"
 - Sage: "I have unique strengths to offer, and this is an opportunity to grow"

Step 3: Sage Perspective Shift

- Close your eyes and take *three* slow deep breaths.

- Bring to mind a current challenge you are facing.

- From your Sage perspective, ask yourself:
 1. What can I learn from this situation?

 2. How might this challenge help me grow stronger?

 3. What action would my wisest self take?

Step 4: Commit to Sage

- Based on your Sage insights, write down:
 1. One empowering belief you want to embrace today.

 2. One small, specific action you can take in the next 24 hours that aligns with your Sage perspective.

Tips for Ongoing Mental Fitness

- Practice shifting from Saboteur to Sage mode daily. Even 10 seconds can make a difference.
- When you notice negative self-talk, pause and ask, "Is this my Saboteur speaking?"
- Before important meetings or decisions, take a moment to activate your Sage perspective.

Remember, mental fitness is a skill that improves with practice. By regularly identifying your Saboteurs and strengthening your Sage, you are building resilience and positive intelligence that will enhance both your professional and personal life.

As you become more familiar with these concepts, you'll find it easier to quickly shift into Sage mode, even in challenging situations. Keep at it – your mentally fit future self will thank you!