



## **PQ Reps: Boost Your Mental Fitness**

PQ stands for Positive Intelligence Quotient, a measure of your mind's fitness. Just as physical reps build muscle, PQ reps strengthen your mental resilience and agility.

### **What are PQ reps?**

PQ reps are brief mental exercises designed to shift your brain from its default 'survival' mode to a more centered, positive state. They help activate your 'Sage' brain – the part responsible for innovation, empathy, and strategic thinking.

### **How to Perform PQ Reps**

1. Choose a physical sensation to focus on. This could be:
  - The feeling of your breath
  - The sensation of your feet on the ground
  - The texture of your fingertips touching each other
2. For 10 seconds, focus intensely on this sensation. If your mind wanders (and it will), gently bring it back to the sensation.
3. Repeat this 10-second focus at least 15 times throughout your day. These are your PQ reps.

### **Why PQ Reps Work**

Each time you redirect your focus, you're strengthening your brain's ability to choose where it directs its attention. This seemingly simple act builds mental control and resilience, key components of cognitive athleticism.

## **Challenge**

For the next week, aim to complete at least 100 PQ reps per day. That's about 15-20 minutes total, broken into 10-second intervals. Track your progress and note any changes in your stress levels, decision-making clarity, or overall engagement.

Remember, like any new habit, it may feel awkward at first. Persist, and you'll be amazed at how these micro-moments of mindfulness can transform your mental landscape and, by extension, your leadership effectiveness.