

# The Positive Intelligence® Platform



## Build Powerful Habits for a Positive Mind

The Positive Intelligence (PQ) Platform is an all-in-one solution for improving performance, well-being, and relationships. It combines neuroscience-backed tools, interactive programs, and real-world applications to build and sustain mental fitness.

# What Is Mental Fitness?

Mental fitness is your capacity to respond to life's challenges with a positive, clear, and focused mindset instead of being derailed by stress, negativity, or self-doubt.



## The PQ Operating System

The PQ operating system reveals what's at the root of sabotaging or optimizing your performance, well-being, and relationships. It allows you to:

1

### Catch Your Saboteurs

negative response patterns



2

### Energize Your Sage Brain

positive brain region



3

### Use Your Sage Powers

to handle challenges with clarity and resilience



# How Positive Intelligence Works

## Build Lasting Habits by Addressing Root Causes

Most programs only create short-term change because they don't address the real reasons behind challenges like stress, burnout, and strained relationships. The PQ solution helps rewire your brain, replacing negative thought patterns with positive ones to create lasting habits and improve mental fitness.

## Leverage the PQ Operating System

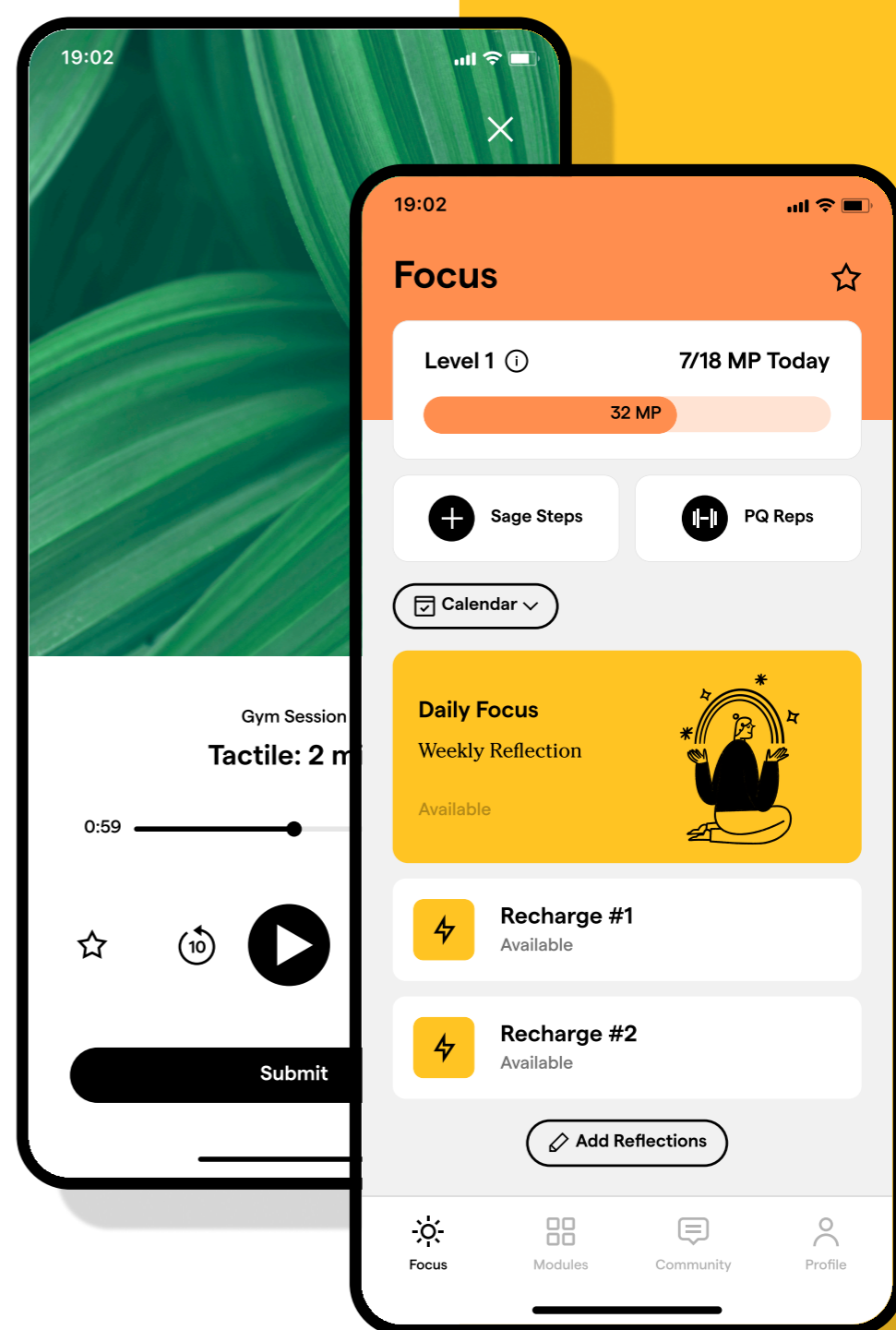
The PQ operating system is based on neuroscience research and reveals what's at the root of sabotaging or optimizing your well-being, performance, and relationships. It gives you a simple framework to build mental fitness and make lasting changes in your personal and professional life.

## Sustain Growth With the PQ Platform

Mental fitness is not a one-time effort. After the first seven weeks, the PQ app provides tools and modules to help you keep improving and growing.

## Achieve Proven, Measurable Results

You'll work weekly with your coach in a support and accountability group with other program participants or on your own to ensure your practice is supported and set for success. Research has shown that being part of a community is a critical success factor for establishing new positive habits of the mind.



# Components of the PQ Platform

## PQ Program

### Foundations (7 weeks)

#### Foundations & Applications

The first seven weeks of the PQ Program focus on building a foundation of mental fitness by rewiring negative response patterns and installing the PQ operating system. This stage equips you with the tools to shift from self-sabotage to self-mastery.

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#### Week 1

### Self-Command and PQ Reps

Establish a PQ Rep routine that energizes your Sage brain and shifts you from the autopilot mind to Self-Command.

#### Week 2

### Judge

Experience the negative impact of the Judge through a visualization or contemplation and develop a practice of catching your Judge and celebrating.

#### Week 3

### Accomplice Saboteurs

Explore your top two Saboteurs (or more) and develop a practice of catching your Saboteurs, celebrating, and taking a Saboteur-specific counterstep.

#### Week 4

### Empathize

Experience the Empathize Power through a visualization or contemplation using your unique access point to the power.

#### Week 5

### Sage Perspective, Explore, Innovate

Use the Sage Perspective, Explore, and Innovate to accept and convert any situation into a gift and opportunity.

#### Week 6

### Activate

Learn how to embody the Activate Power to bring ease and flow to your actions.

#### Week 7

### Navigate and Applications

Access the wisdom of the Navigate Power through a contemplation that reveals what's truly important to you and how an ongoing PQ practice can support you.

# Applications (ongoing)

In the first seven weeks of the PQ Program, you develop a foundation of mental fitness and install the PQ operating system. In subsequent weeks, modules in the app enable you to apply the operating system to various work and life scenarios.

## Examples of Personal Applications Modules →



### Stress

Learn personalized strategies to shift from a Saboteur to a Sage response and minimize stress.



### Wellness

Uncover the neuroscience of your mind/body connection. Improve your sleep, diet, and exercise led by Sage strategies and protected from Saboteur interference.



### Relationships

Discover the 3/1 positive-to-negative ratio required in healthy relationships. Learn the powerful technique of Relationship Design to build and maintain healthy relationships.



### Parenting

Intercept common Saboteur-led parenting traps. Learn parenting strategies to boost your kids' foundational mental fitness, Self-Command, and Sage strength.



### Career Planning

Access your Sage wisdom, which will guide your career in maximizing achievement and fulfillment. Learn to guard against Saboteur-led traps leading to achievement without fulfillment.

# Examples of Professional Applications Modules →



## Emotional Intelligence

Develop 17 of the 18 EQ competencies by weakening your Saboteurs and strengthening your Self-Command and 5 Sage Powers.



## Conflict Management

Discover how your specific Saboteurs fuel your conflicts. Learn to apply each of the 5 Sage Powers to shift from conflict to win/win solutions, even in the most challenging situations.



## Creativity

Discover how your specific Saboteurs sabotage creativity in yourself and others. Learn how to activate and access the deep wisdom of the Sage brain during solo or group activities.



## Leadership

Challenge outmoded Saboteur-led assumptions about how to lead. Learn a leadership model that simultaneously brings out the best Sage qualities in yourself and others.



## Performance

Every Saboteur sabotages performance. Develop a personalized performance plan using your Self-Command and Sage Powers for optimal productivity.

# Enroll Today

Imagine remaining calm, clear-headed, stress-free, and positive even while handling life's greatest challenges. What becomes possible for you in achievement, peace of mind, wellness, and your relationships? Make a commitment now to boost your mental fitness.

Connect now to learn more and explore what is possible with the power of PQ.

Reach out to enroll

