

Understanding Positive Intelligence

Positive Intelligence (PQ) is a mindset system created by executive coach Shirzad Chamine. It's based on research from neuroscience, behavioural science and positive psychology and offers a framework to determine how well your mind acts in your best interest and offers tools to optimise it. Chamine says "Your mind is your best friend (sage), but it is also your worst enemy (saboteur). Positive Intelligence is the relative strength of these two modes of your mind." Take the quiz to measure your PQ brain strength here: assessment.positiveintelligence.com/pq/overview

Saboteur

Saboteurs are the thoughts and voices in your mind that generate negative emotions in life's everyday challenges. They represent automated patterns in your mind for how to think, feel, and respond. They cause your stress, anxiety, self-doubt, frustration, restlessness, and unhappiness. They sabotage your performance, wellbeing, and relationships.

Take the quiz to identify your saboteurs: www.positiveintelligence.com/saboteurs



Judge



Avoider



Controller



Hyper-Achiever



Restless



Stickler



Victim



Hyper-Rational

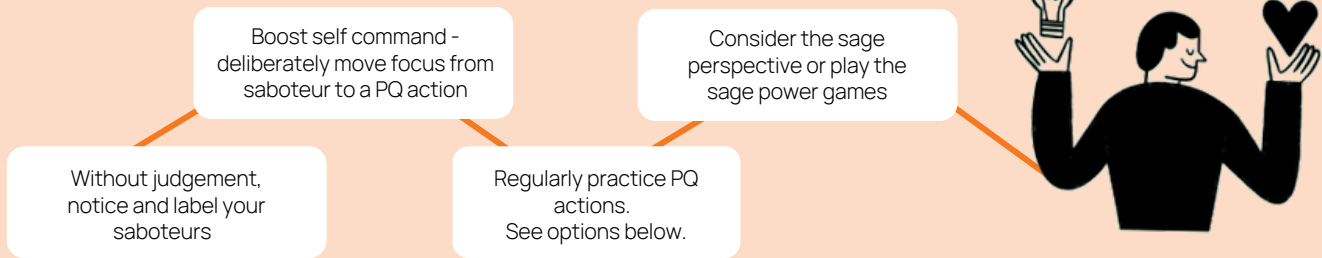


Hyper-Vigilant



Pleaser

How to activate the PQ brain



MOVE FROM SABOTEUR TO SAGE

PQ actions Focus on ONE sense - touch, breath, smell, sound, sight. Or re-imagine (re-do) past or future situations.

Sage

At your best, you are being driven by sage energy. The foundational perspective of the sage is that every problem or challenge can be converted into a gift and opportunity. Gifts can come in the form of new knowledge, personal transformation (power) or the inspiration to evolve. You can generate the gift through the 5 Sage Powers:



Empathize

See the other point of view. Be kind to yourself.
Game: Imagine the child



Explore

Get curious to explore the motivations of others
Inquisitive anthropologist



Innovate

Build on the good in ideas rather than the bad.
Yes and...



Navigate

Meaning, inner compass and self actualisation
What matters to future me



Activate

Calm, focussed action. Jedi mind.
Physical embodiment