

The Importance of Growing Your Mental Fitness



As you complete your 6-week Positive Intelligence program,
it's natural to be asking yourself:

What's next in my mental fitness journey?

We are beyond excited that you have already:

1

Successfully completed the beginning of your Mental Fitness journey

2

Developed the ability to boost your Self-Command muscles through the application of PQ Reps

3

Invested time building your daily practices as you have weakened your Saboteurs and strengthened your Sage

4

Identified and learned how to quiet the harmful impacts of your Judge and accomplice Saboteurs

5

Learned how to elicit your Sage Powers to weaken saboteurs' negative influence on you

You've strengthened mental muscles you may not have known you had

While you are free to repeat this work, the real value is to continue your practice by applying what you have learned. Positive Intelligence has developed a long-term program that you can continue at your own pace.

This is just the beginning

Don't let those mental muscles weaken and atrophy. We encourage you to keep growing your mental fitness and to continue strengthening your PQ muscles.

What have you learned about yourself and your impact on people?

Have you noticed the positive impact this program has already had on your relationship with your work colleagues, partner, spouse, and your family?



This is you

Now that you have a firm grasp of how the PQ Operating System works, it's important to keep growing in your mental fitness practice.

Healthy conflict



Mutual accountability



Creativity



Creating lasting, positive change is a lifelong process

This process improves over time as you continue your journey and build your mental fitness practice.

Continuing your PQ practice can help you find a greater sense of meaning and purpose.

As you continue your journey, you will live into your true potential in whatever form that may take for you.

Continuing your practice using the Positive Intelligence Grow program, you will continue to produce results in all the domains of your life.

Earned trust



Relationships



Conflict management



Stress management



Wellness



Career Planning



Emotional Intelligence



Leadership



Performance



Parenting



Get ready to grow

While the first 6 weeks were designed to be immersive, the next phase is intended to help you build daily practices that are sustainable for the foreseeable future.

You are invited to maintain your PQ practice and Grow the powers of your Sage. Continuing your mental fitness journey means strengthening your Sage Powers. Allowing your muscles to atrophy makes you more susceptible to Saboteur hijacks.

As you continue with our Grow program, you will continue to reap the benefits as you strengthen your own mental fitness.

1 More than 6 months of new Focus of the Day exercises

2 **Continue at your own pace.**
Daily, every other day, weekly, or whenever you need a boost before an important event

3 **More choice**
You decide which Focus of the Day you want to work on

4 **Re-listen your favorite modules**
Work on what matters most to you

5 **Work on ALL 10 Saboteurs**
Not just your Judge and top accomplice Saboteurs

6 **Regular journaling and celebration of PQ Muscle growth**

- Stress Management Customized to Your Saboteurs
- Conflict Management Using 5 Sage Powers
- Upcoming Modules: Energy Optimization, Relationship, Wellness

Mental Fitness is a lifelong journey towards mastery

The tangible benefits
of mental fitness include



Increased happiness



Higher levels of productivity



Improved relationships



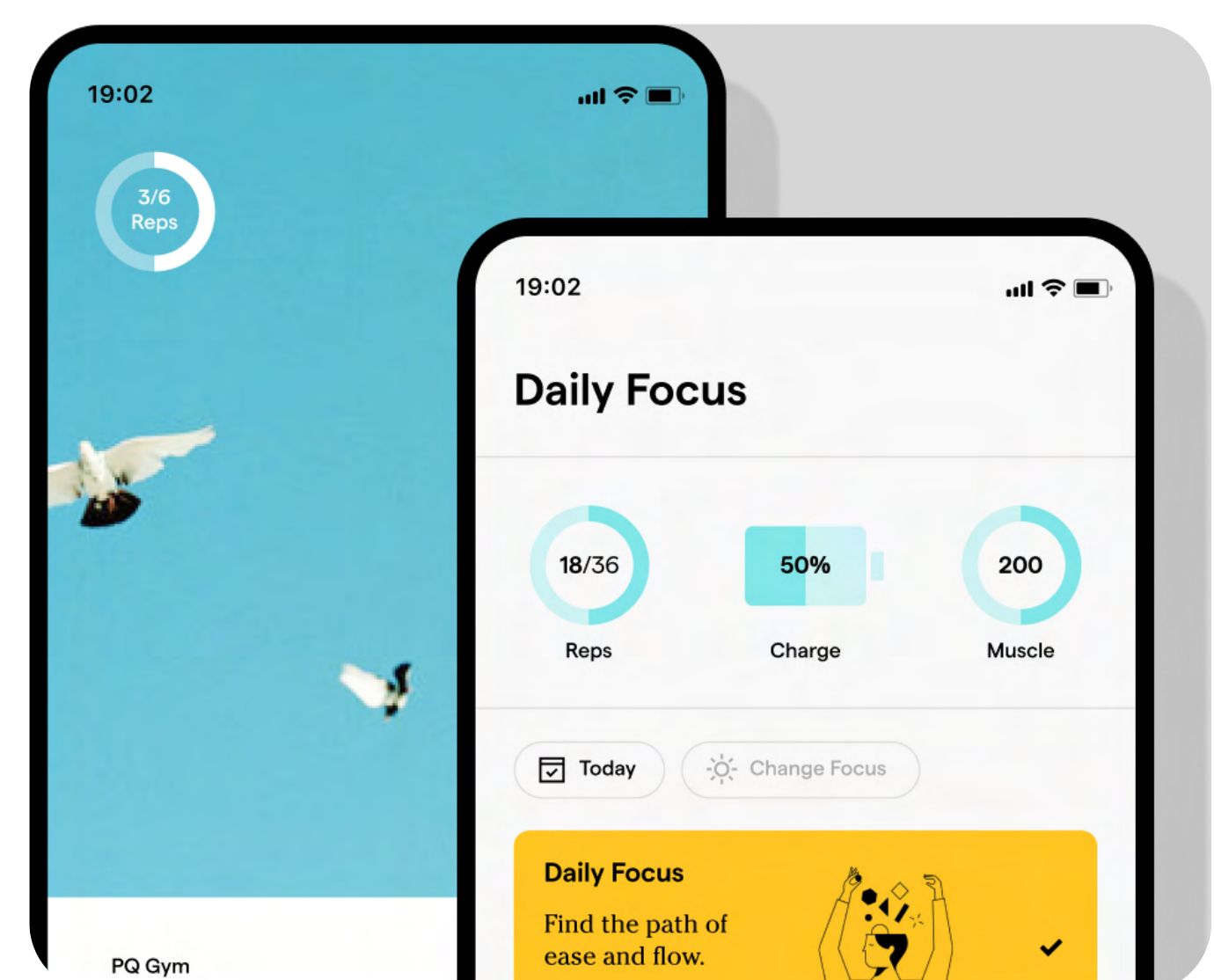
Reduced stress

You have won the sprint.
Life is a marathon.



Similar to a gym membership for your physical health, the Grow program is designed as a monthly membership to support your mental fitness. Ask your coach for the pricing details and how to include GROW in your work together.

As you invest in your own mental fitness, you will see the positive impact you have at work, at home and in your community. You will spend more time as the best version of yourself and less time judging, controlling, avoiding, and self-sabotaging.



Welcome to your **new** life

