

Being Mentally Fit, Creative, Nimble, and Focused

Tuesday, May 17, 2022

Happiness Center of WNY



Happiness
isn't happenstance.

www.wnyhappiness.com

What we'll discuss today



- Happiness & Success together? REALLY?
- How to build resilience and mental fitness
- Seeing and understanding our Saboteurs

Why bother being mentally fit?



- A higher salary
- Happier salespeople sell 37% more.
- Happier employees take fewer sick days and are less likely to get burned out.
- Project teams which are happier perform 31% better on average.

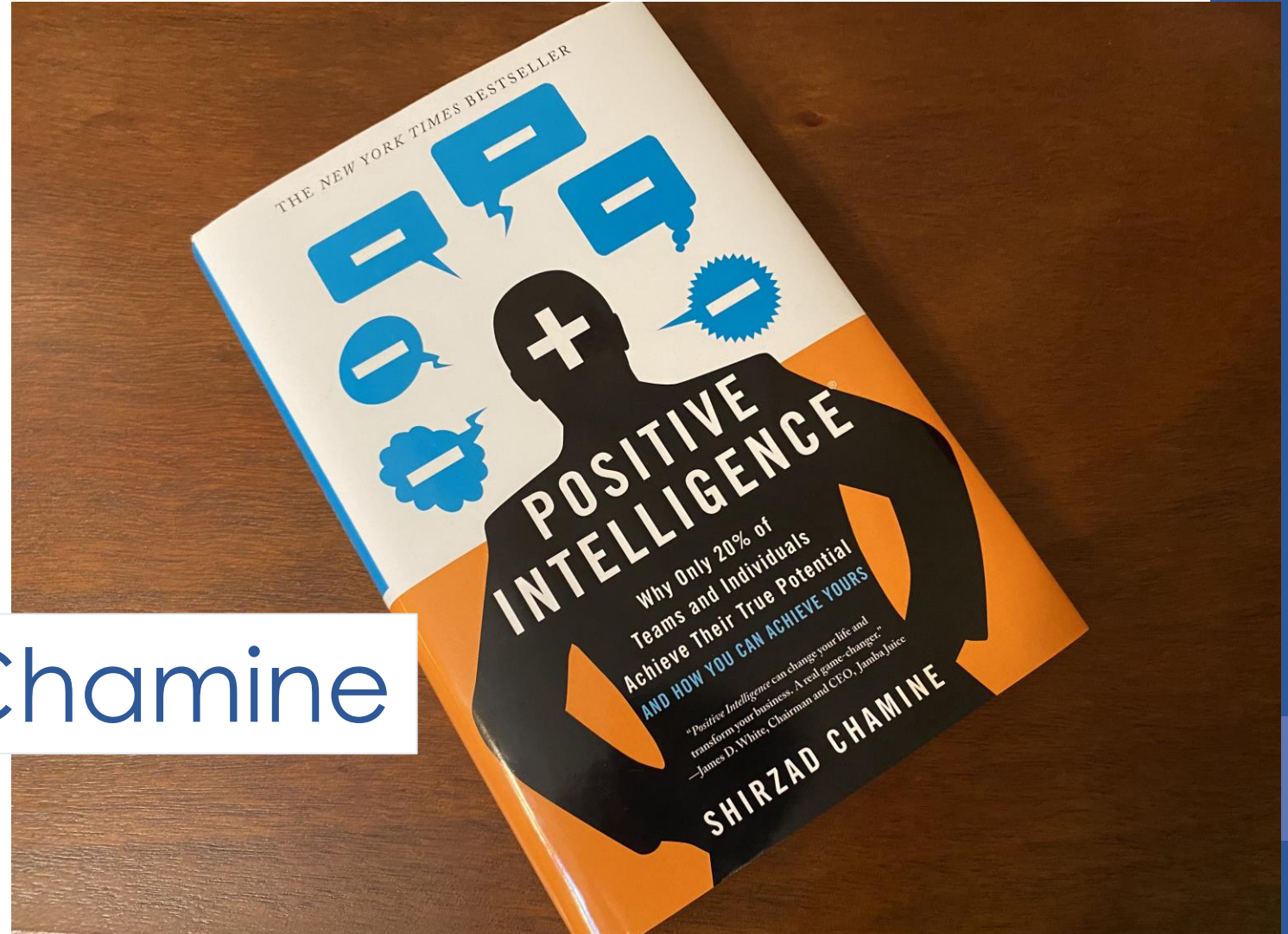
Why bother being mentally fit?



- Greater success in work, marriage, health, sociability, friendship & creativity
- Happier people have an enhanced immune system, lower levels of stress hormones, lower blood pressure, better sleep, etc.
- Happier people live longer (nun study)

Only 20% of teams and individuals reach their true potential.

- Shirzad Chamine



Happiness = Mental Fitness

Mental Fitness Definition

Your capacity to respond to life's challenges with positive rather than negative mindset

Impact

- ▶ Peak performance
- ▶ Peace of mind / wellness
- ▶ Healthy relationships



Mental Fitness

Combines

- ▶ Positive Psychology
- ▶ Neuroscience
- ▶ Cognitive Psychology
- ▶ Performance Science



How can you get Mentally Fit?

EXERCISE



How can you get Mentally Fit?

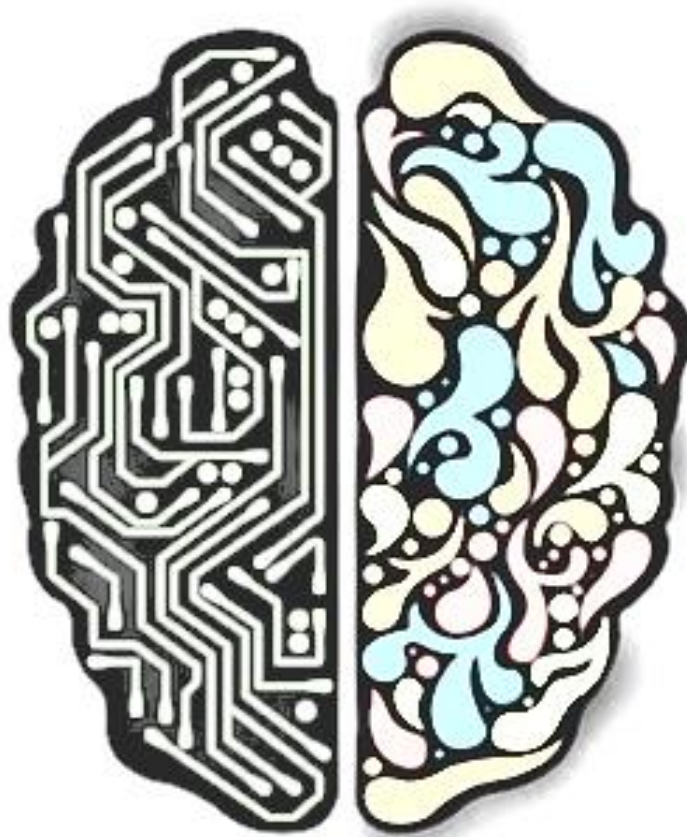
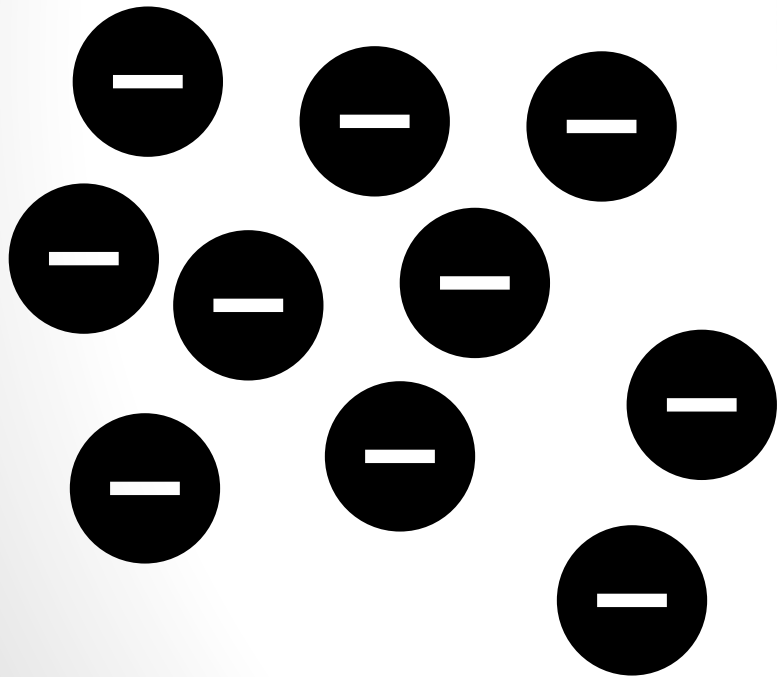
EXERCISE

Self-Command
Saboteur Interceptor
Sage Perspective

Mental Fitness

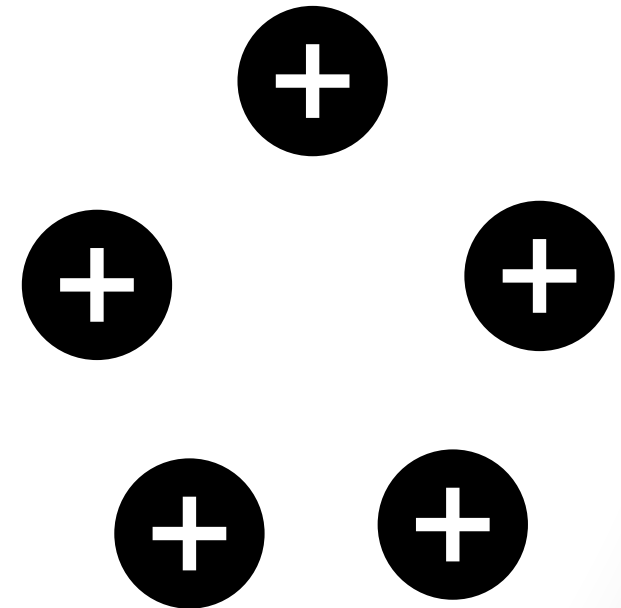
REACT

10 Saboteurs



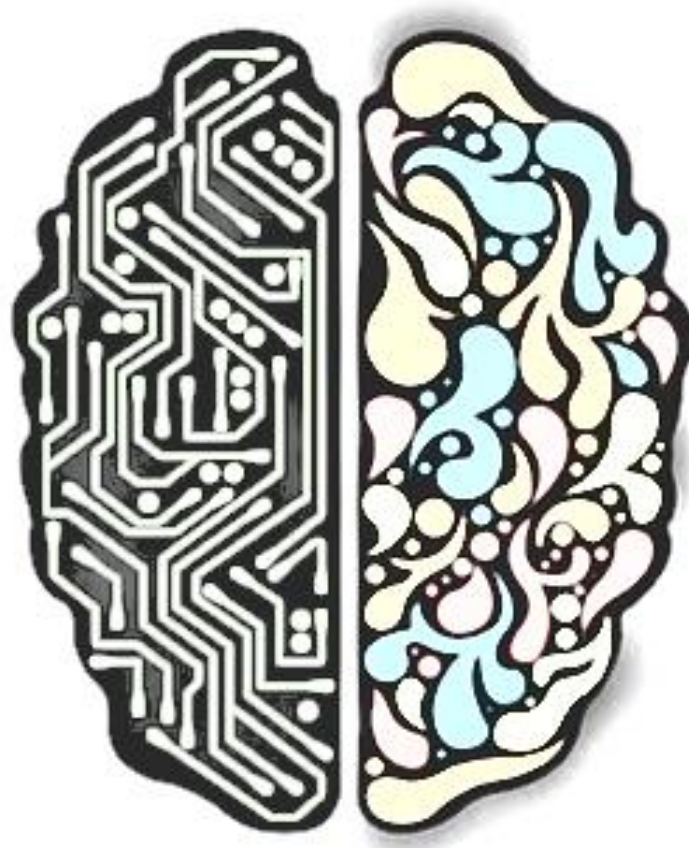
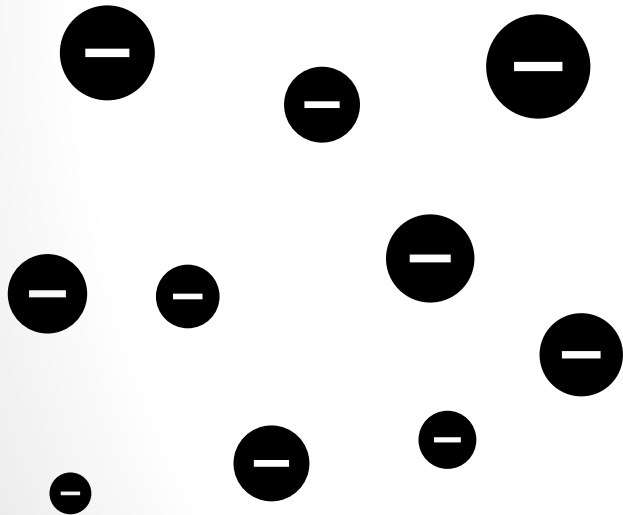
RESPOND

5 Sage Powers

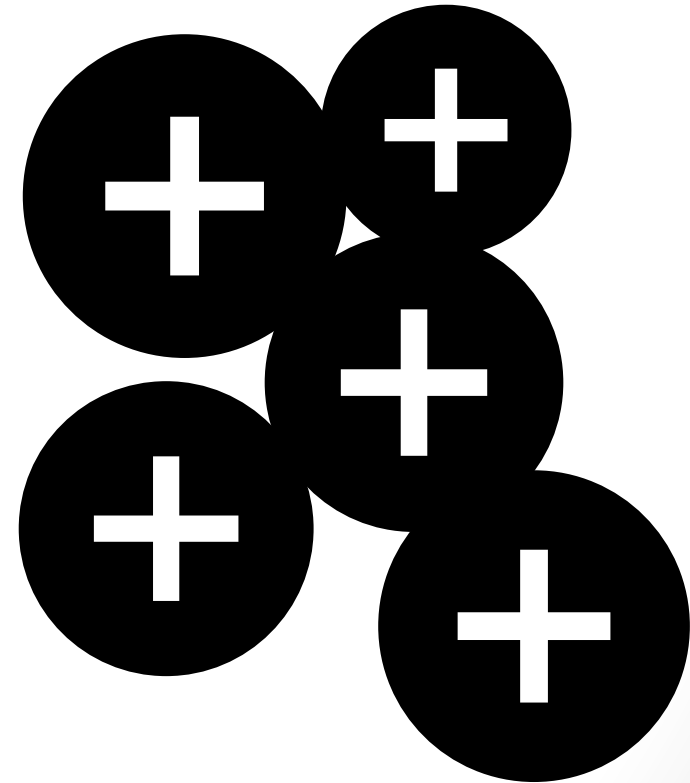


Mental Fitness Building Blocks

10 Saboteurs



5 Sage Powers



The Sage Perspective

Every
outcome or
circumstance
can be turned
into



a gift and opportunity.

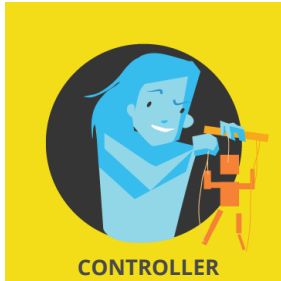
The Five Sage Powers



- Empathy
- Exploration
- Innovation
- Navigation
- Action

The Ten Saboteurs

The Judge



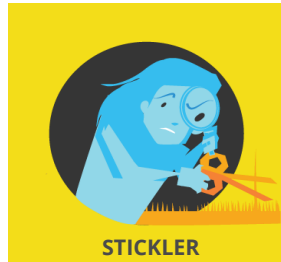
CONTROLLER



HYPER-ACHIEVER



RESTLESS



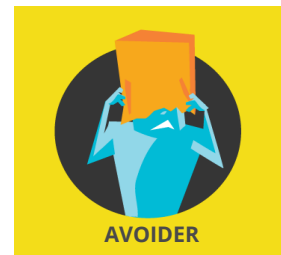
STICKLER



PLEASER



HYPER-VIGILANT



AVOIDER



VICTIM



HYPER-RATIONAL

Breakout: The Impact of our Saboteurs

Divided by Saboteur

You can pick any one of your top Saboteurs – or one that interests you

Layered confidentiality:

- You don't repeat anything someone says is confidential
- You don't talk to them about it unless they raise the subject to you first

Breakout: The Impact of our Saboteurs

Lies of the Saboteur

What triggers the Saboteur

Impact of the Saboteur

REWARD: FREEDOM

**MOST (UN)WANTED:
MY SABOTEUR**

Saboteur Name:

Emotions:

Lies: I am you friend.

- You need me because...
- You are...
- Other people are...
- Life is...
- Other limiting beliefs:

Triggers:

Impact:



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The Judge Saboteur:

The Universal Saboteur



The Judge Saboteur: The Universal Saboteur



Lies:

- You are not good enough
- Another person is not good enough
- This situation is not good enough

Impact:

- Other Saboteurs are triggered
- Start of a downward spiral

Sage Strength:

- Calm discernment



The Avoider Saboteur



The Avoider Saboteur



Lies:

- You are a good person to spare others' feelings
- No good comes from conflict
- It's good to be flexible
- Someone needs to be the peacemaker

Impact:

- Things don't get resolved/done
- Feeling numb to pain – which doesn't get resolved
- Relationships can be more superficial as other people's trust level goes down

Sage Strengths:

- Strong empathy
- Flexible and adaptive.
- Positive and relatively non-judgmental

The Controller Saboteur



The Controller Saboteur



Lies:

- Without me, you can't get much done. People need to be pushed
- If I don't control X, I will be controlled
- I'm trying to get the job done for all of us.

Impact:

- Gets temporary results at the cost of others feeling controlled, resentful & unable to reach their full potential
- Those with the Controller feel greater anxiety because many things in work and life can't be controlled.

Sage Strengths:

- Confident, action-oriented, decisive, and persistent. You can do the right thing, even when it might be unpopular.
- Able see possibilities and can motivate yourself and others to action.

The Hyper-Achiever Saboteur



The Hyper-Achiever Saboteur



Lies:

- Life is about achieving and producing results
- Portraying a good image helps me produce results
- Feelings are distractions and don't help anything

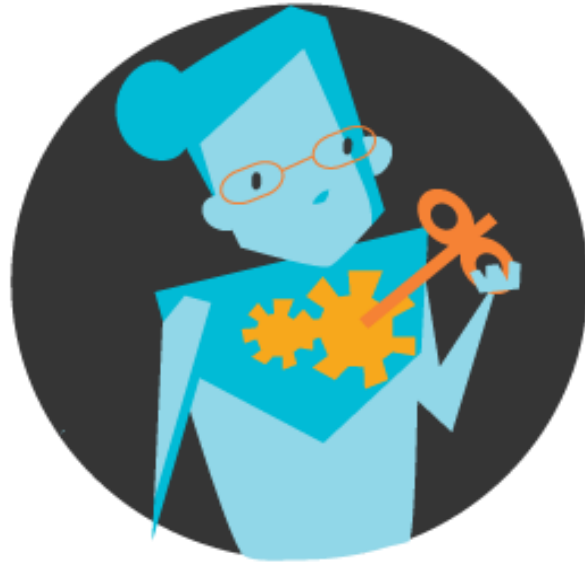
Impact:

- Peace and happiness are fleeting and short-lived
- Self-acceptance is dependent on your next success.
- May pull others into the performance vector and encourage a lopsided focus on external achievements.

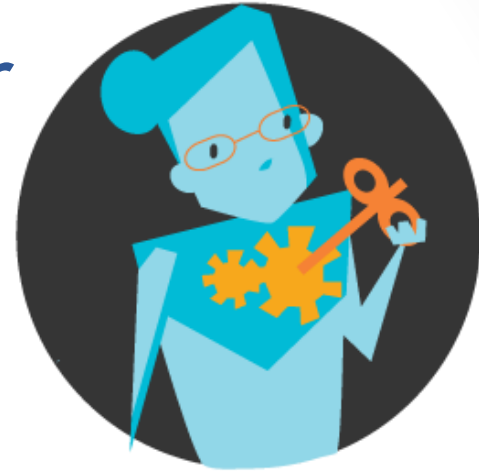
Sage Strengths:

- Driven, pragmatic, adaptable and goal-oriented
- Capable of improving yourself and others to reach full potential.

The Hyper-Rational Saboteur



The Hyper-Rational Saboteur



Lies:

- The rational mind is the most important thing.
- The mind should be protected from the wasteful intrusion of people's messy emotions and needs it to be so to get work done.

Impact:

- Limits the depth and flexibility of relationships in work and life by analyzing rather than experiencing feelings.
- Intimidates less analytically-minded people.

Sage Strengths:

- Has deep insight and understanding through objective analysis
- Observant, perceptive, innovative
- Has great mental concentration
- Driven toward expertise

The Hyper-Vigilant Saboteur



The Hyper-Vigilant Saboteur



Lies:

- Life is full of dangers.
- If I don't look out for danger, who will?

Impact:

- Constant anxiety burns vital energy that could be put to better use.
- Loses credibility due to the “boy who cried wolf” phenomenon.
- Others begin to avoid the person who is being Hyper-Vigilant as the intensity of the nervous energy drains them.

Sage Strengths:

- A protector, guardian of families, friends, peers, institutions, and communities
- Loyal, dependable, reliable
- Sensitive and aware of true risks and dangers to self, others and institutions
- Capable of perseverance and constant work towards objectives
- Capable of instituting and preserving systems, and structures to bring order and stability

The Pleaser Saboteur



The Pleaser Saboteur



Lies:

- I don't do this for myself.
- I help others selflessly and don't expect anything in return.
- The world would be a better place if everyone did the same.

Impact:

- Can jeopardize taking care of one's own needs, whether emotional, physical or financial.
- Can lead to resentment and burnout.
- Others can develop dependence rather than learn to take care of themselves, and feel obligated, guilty or manipulated.

Sage Strengths:

- Highly empathetic. Loving and giving.
- Tuned in to others' feelings and needs.
- Socially aware and has the potential for high emotional intelligence.

The Restless Saboteur



The Restless Saboteur

Lies:

- Life is too short and should be lived fully.
- I don't want to miss out

Impact:

- Avoids a real and lasting focus on the issues and relationships that truly matter.
- This is an anxiety-based escape from being present and experiencing each moment fully (which might include unpleasant things).
- Others have a difficult time keeping up and are often unable to build anything sustainable around it.

Sage Strengths:

- Contagious enthusiasm, with high energy, openness and curiosity
- Capable of great productivity and creativity
- Energizing and engaging others in co-creating
- Capable of great breadth of activity and pursuits



The Stickler Saboteur



The Stickler Saboteur

Lies:

- It's up to me to fix whatever mess I encounter
- Perfectionism is good and makes me feel better about myself
- There is usually a clear right way and wrong way to do things
- I know how things should be done and must do the right thing.



Impact:

- Causes rigidity and reduces flexibility in dealing with change and the differing style of others
- Is a source of ongoing frustration and anxiety
- Causes resentment, anxiety, self-doubt, and resignation in others - who feel continually criticized and resign themselves to the fact that no matter how hard they work, it won't be good enough

Sage Strengths:

- High ideals and standards; principled
- Able to bring organization and order into ambiguity and chaos
- Capable to lead based on clear guiding principles
- Self-disciplined, direct, discerning

The Victim Saboteur



The Victim Saboteur

Lies:

- Nobody understands me
- By acting this way, I get some of the love and attention I deserve
- Sadness is a noble and sophisticated thing.
- I have exceptional depth, insight and sensitivity

Impact:

- Vitality is wasted through focus on internal processing and brooding
- Backfires by pushing people away
- Others feel frustrated, helpless or guilty that they can't put more than a temporary band-aid on the pain

Sage Strengths:

- Sensitive and feels emotions deeply
- Introspective and capable of deep and courageous self-discovery
- Individualistic and appreciative of uniqueness of self and others
- Perceptive of nuanced inner workings of the mind (in self and others)



Calming the Saboteurs



PQ Rep Practice

Positive Intelligence Six-Week Program



- Weekly focus
- Daily Practice
- Measurable Progress
- Community Support

All of this is through an easy access App on your phone or tablet.

Weekly Focus



Weekly hour-long video delivers deep experiential exploration of the week's focus. You'll feel inspired and energized to practice during the week in order to sustain the benefits experienced during the video sessions.

Daily Practice



15 minutes/day of app-guided practice enables you to establish mental muscles (neural pathways). These exercises are bite-sized to fit your busy schedule and customized based on how you self-sabotage.

Measurable Progress



You'll feel motivated through instant feedback on exactly how much progress you're making towards building the 3 core muscles of mental fitness. Brain rewiring may be visible in MRI imaging within 8 weeks.

Community Support



Your support and accountability group includes:

- Weekly discussions
- Online connections with your small group
- International online discussions

You also get a one-on-one confidential coaching call

One year access



You get one-year access to all of the existing content on your app, as well as new programs added throughout the year. Current additional programs include:

- Stress Management
- Conflict Resolution
- Impact Optimization

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