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.

Sources: The How of Happiness by Sonja Lyubomirski, Positive Intelligence, Shirzad Chamine and additional primary sources
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)

Sources: The How of Happiness by Sonja Lyubomirski, Positive Intelligence, Shirzad Chamine and additional primary sources
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

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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
Every outcome or circumstance can be turned into a gift and opportunity.
The Five Sage Powers

• Empathy
• Exploration
• Innovation
• Navigation
• Action

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The Ten Saboteurs

CONTROLLER
HYPER-ACHIEVER
RESTLESS
STICKLER
PLEASER
HYPER-VIGILANT
AVOIDER
VICTIM
HYPER-RATIONAL

The Judge

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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

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The Judge Saboteur: The Universal Saboteur

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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 a 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

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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.

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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

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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-Viligant 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

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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.

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The Restless Saboteur

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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

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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
Happiness Center of WNY

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