



Mental Fitness

**How to manage stress
and other negative
emotions in the
moment by developing
mental fitness.**

Lisa Hammett | Success Coach | Author | TEDx speaker
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Mental Fitness

Definition:

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

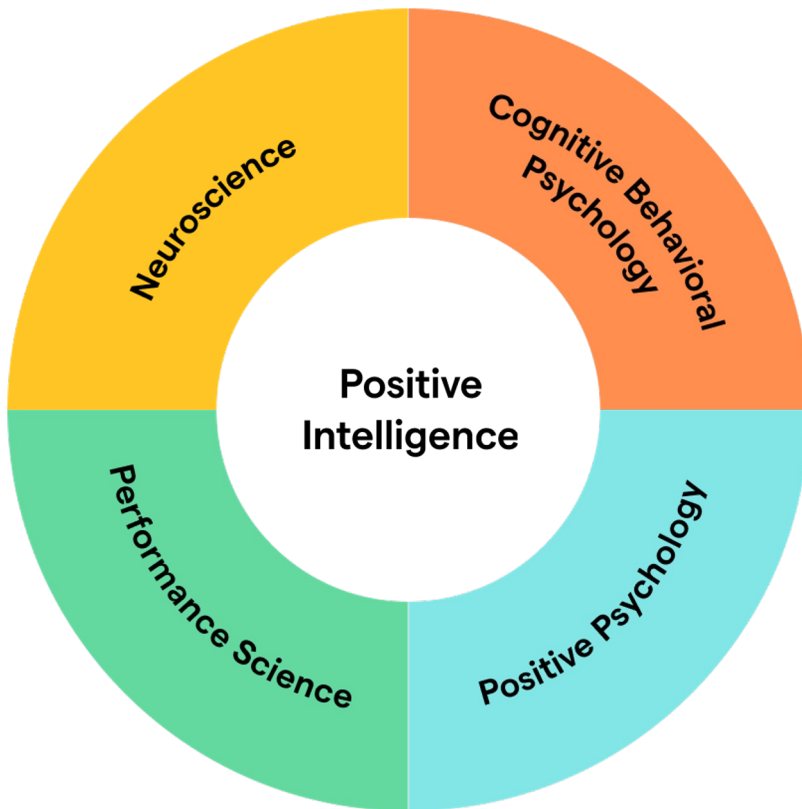
Impact:

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

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Research Foundation

The Positive Intelligence mental fitness program is based on breakthrough, original research by Shirzad Chamine and the synthesis of recent discoveries across neuroscience, positive psychology, cognitive behavioural psychology, and performance science.



Research includes results from:

- ✓ Hundreds of CEOs and their executive teams
- ✓ Stanford students
- ✓ World-class athletes
- ✓ 500,000 participants from 50 countries
- ✓ Many YPO families and Forums

Research summarized in the New York Times best-selling book,
Positive Intelligence, translated into 20 languages.

Results of Factor Analysis Research

Only 3 core muscles are at
the root of mental fitness

- 1. Saboteur Interceptor**
- 2. Sage**
- 3. Self-Command**



The Judge





Controller



Hyper-Achiever



Restless



Stickler



Pleaser



Hyper-Vigilant



Avoider



Victim



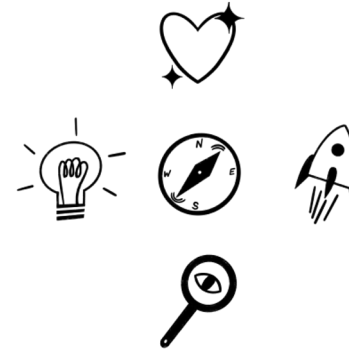
Hyper-Rational



**Saboteurs
Saboteur**

**Motivates you through
negative emotions ...**

...fear, stress, anger, guilt,
shame, insecurity, ...



Sage

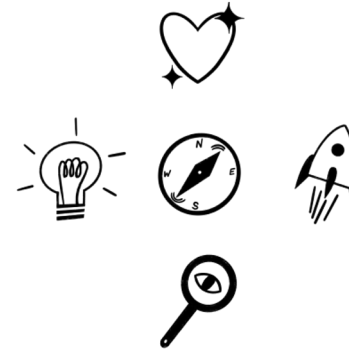
**Motivates you through
positive emotions...**

...empathy, curiosity, creativity,
passion and purpose.



**Saboteurs
Saboteur**

**Might generate success
but NOT happiness.**



Sage

**Generates your highest
success and sustained
happiness.**

**Are negative emotions
good for you?**

**Is pain good for
you?**



Negative Emotions

Only helpful for 1 second as alert signal.

Staying in negative emotion hurts ability to see clearly and respond with empathy, curiosity, creativity, or laser-focused action.

Negative Emotion = Saboteur



The Sage

(Right Brain)

Lives in region of brain associated with:

- Positive emotions
- Peace and calm
- Clear-headed focus
- Creativity
- Big picture

Operates from the Sage Perspective

Sage Perspective

Every outcome or circumstance can be turned into a gift and opportunity.

QUESTION:

Which Perspective is True?

Saboteur: This is BAD

Sage: This is a GIFT

ANSWER:

**Whichever you
believe
becomes true.**



10-Second PQ Reps

Check out my recent TEDx Talk!

https://www.youtube.com/watch?v=c5gk5SQ_8UM&t=202s