



# Mental Fitness

## Preventing Burnout and Building Resilience with Mental Fitness

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# Mental Fitness

## **Definition:**

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

## **Impact:**

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

# 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 behavioral 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

Three core muscles at  
the root of mental fitness

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



## 10 Saboteurs (Left Brain)



## 5 Sage Powers (Right Brain)

# The Judge



Controller



Hyper-Achiever



Restless



Stickler



Pleaser



Hyper-Vigilant



Avoider



Victim



Hyper-Rational



## Saboteurs

**Motivates you through negative emotions**

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

**Might generate success but NOT happiness.**



## Sage

**Motivates you through positive emotions**

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

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



**Is pain good for you?**



# Negative Emotions

**Only helpful for one second, as an alert signal.**

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

**Negative Emotion = Saboteur**



# The Sage (Right Brain)

- ▶ **Lives in the region of the brain associated with:**
  - ▶ Positive emotions
  - ▶ Peace and calm
  - ▶ Clear-headed focus
  - ▶ Creativity
  - ▶ Big picture
  
- ▶ **Operates from the Sage Perspective**

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



# The Sage (Right Brain)

## Explore:

Fascinated Anthropologist – Explore  
without judgment

- Self
- Others
- Circumstances



# **The Sage** **(Right Brain)**

**Empathize:**  
Visualize the inner child



# **The Sage** **(Right Brain)**

**Navigate: Flash Forward**  
At the end of your life looking back...



# The Sage (Right Brain)

**Innovate: Yes...And**  
Yes, what I like about that idea is...and...



# The Sage (Right Brain)

## **Activate:**

Preempt the Saboteurs. What's needed now? Start with one small step.





# 10-15 Second PQ Reps

Engage your senses: touch, sound, breath

Check out my recent TEDx Talk!

[https://www.youtube.com/watch?v=c5gk5SQ\\_8UM&t=202s](https://www.youtube.com/watch?v=c5gk5SQ_8UM&t=202s)



## Give feedback to Lisa

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<https://talk.ac/lisahammett>

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WORKBOOK



**Which PQ reps will you commit to doing daily to reduce stress at work and home?**