

MENTAL FITNESS ≠ MENTAL THERAPY

IT'S NOT THERAPY. IT'S TRAINING.

WHY THIS DISTINCTION MATTERS MORE THAN EVER.



Most people confuse mental fitness with mental therapy.
That confusion creates stigma and missed opportunities.

THE MISSED OPPORTUNITY

TOO MANY HIGH PERFORMERS
IGNORE MENTAL FITNESS.

THAT'S A COSTLY MISUNDERSTANDING.



The data says it all:

80% of people score below the minimum PQ needed for peak performance and wellbeing.

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



Why Positive Intelligence is the missing link:

It bridges the gap between mindset and performance, turning awareness into action.

A SIMPLE DEFINITION

MENTAL FITNESS = YOUR CAPACITY TO RESPOND TO LIFE'S CHALLENGES WITH A POSITIVE, CLEAR, AND FOCUSED MINDSET INSTEAD OF BEING DERAILED BY STRESS, NEGATIVITY, OR SELF-DOUBT.



It's like strength training for your brain.

THE MISCONCEPTION

MENTAL FITNESS ISN'T ABOUT
FIXING WHAT'S BROKEN.

IT'S ABOUT STRENGTHENING YOUR MIND TO
HANDLE STRESS, SETBACKS, AND PRESSURE
BEFORE THEY TAKE A TOLL.

»» Most people wait until they're overwhelmed.
High performers don't.

»» Mental fitness is the edge that keeps you in control, focused,
and resilient when performance pressure matters.

WHAT MAKES POSITIVE INTELLIGENCE (PQ) DIFFERENT

MOST MINDSET WORK STOPS AT INSIGHT.

PQ TURNS INSIGHT INTO DAILY ACTION—FAST.

- »»» Catch your Saboteurs (inner critics)
 - »»» Activate your Sage (wise self)
 - »»» Build new brain habits—in just 10 seconds a day
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- »»» Grounded in neuroscience
 - »»» Built for high performers
 - »»» Designed to build mental agility and emotional fitness

MENTAL THERAPY vs. MENTAL FITNESS

MENTAL THERAPY

Goal: Heal past trauma, resolve emotional disorders

Focus: Past, understanding why

Tools: CBT, psychodynamic therapy, talk therapy

Role: From dysfunction → baseline

MENTAL FITNESS

Goal: Train the mind for clarity, resilience, and peak performance

Focus: Present/future; shifting from what's wrong to what's strong

Tools: PQ Reps, Saboteur spotting, Sage development

Role: From functional → exceptional

»» One helps you heal. The other helps you grow.

CORE MENTAL MUSCLE #1 IN PQ SABOTEUR INTERCEPTION

SABOTEUR INTERCEPTION = THE ABILITY TO
RECOGNIZE AND DISARM NEGATIVE THOUGHT
PATTERNS BEFORE THEY DERAIL YOUR CONFIDENCE.

»»» It starts by identifying which of the 10 Saboteurs are hijacking your mind.

»»» Most common offenders:

- ✓ The Judge: Nothing is ever good enough
- ✓ The Controller: Tense, pushy, needs control
- ✓ The Pleaser: Avoids conflict, seeks validation
- ✓ The Hyper-Achiever: Self-worth tied to success
- ✓ The Avoider: Delays discomfort, avoids tough conversations

»»» They create stress, kill focus, and sabotage your edge.

Mental fitness starts here.

CORE MENTAL MUSCLE #2 IN PQ SAGE ACTIVATION

ONCE YOU CATCH A SABOTEUR, YOU SHIFT GEARS.

SAGE ACTIVATION = THE SHIFT TO CURIOSITY,
CLARITY, AND CREATIVITY IN THE FACE OF SETBACKS.

- »»» Navigate challenges with calm
- »»» Solve problems from insight—not impulse
- »»» Perform at your best—even under pressure

»»» The Sage isn't about toxic positivity.
It's about powerful perspective.

»»» This is your performance edge.

CORE MENTAL MUSCLE #3 IN PQ SELF-COMMAND

YOU'VE CAUGHT THE SABOTEUR.
YOU'VE ACTIVATED THE SAGE.

NOW—HOW DO YOU MAKE THE SHIFT STICK?
SELF-COMMAND = THE MUSCLE TO PAUSE, PIVOT,
AND CONSCIOUSLY CHOOSE RESPONSE
OVER REACTION.

- »» Interrupt stress on demand
- »» Regain control in high-stakes moments
- »» Rewire your brain with 10-second PQ reps
- »» This is the muscle that makes the shift real.

WHAT HAPPENS WHEN YOU TRAIN YOUR MIND

THE DATA SAYS IT ALL

- »»» 31% more productive
 - »»» 3x more creative
 - »»» 85% better at managing stress
- Higher levels of happiness, confidence, and performance across all key areas of life and work.

- »»» Mental fitness isn't a "nice-to-have."
It's your most strategic advantage.
- »»» Train your body, and you get stronger.
Train your mind—and you get clearer, calmer, and more resilient.

Source: Positive Intelligence, Shirzad Chamine (based on data from 500,000+ participants)

READY TO BUILD REAL MENTAL FITNESS?

FOR SELF-FUNDED ATHLETES, EARLY-CAREER
PROFESSIONALS, AND BUSINESS TEAMS:

- »»» Decode your top Saboteurs from your FREE assessment
- »»» Map how they show up in your performance, well-being and relationships
- »»» Discover mental fitness—the daily practice of training your mind to respond from strength, not survival
- »»» This is mindset work for people who want results

MENTAL FITNESS IS NOT JUST A MINDSET. IT'S YOUR NEW EDGE.
IT'S MENTAL DISCIPLINE IN MOTION.

- »»» Book a free PQ-Powered Discovery Call → [here](#)
- »»» Learn more via my articles:
 - ✓ Built. Not Backed. For self-funded athletes → [here](#)
 - ✓ Built Not Broken. For early career professionals → [here](#)
 - ✓ Built Not Bought. For business teams → [here](#)

YOUR MENTAL FITNESS STARTER TOOLKIT

THIS ISN'T JUST A RESOURCE KIT.

IT'S YOUR **STARTING BLOCKS** TO MENTAL CLARITY,
RESILIENCE, AND PERFORMANCE ON YOUR TERMS.

- »»» Curious what the PQ Program is all about? Watch the 90-sec Sizzle Reel → [here](#)
Then explore your Mental Fitness Starter Toolkit below:
- »»» PQ Saboteur Assessment
- »»» Saboteur Cheat Sheet
- »»» 10-Second PQ Reps
- »»» Core Mental Muscle Explainer
- »»» Mini Playbooks by Audience
 - ✓ Self-Funded Athlete: Resilience + Mental Recovery
 - ✓ Early-Career Pro: Confidence + Clarity Under Pressure
 - ✓ Business Team: Focus + Collaboration Tools

Instant access → [Mental Fitness Toolkit](#)