
CORE MENTAL MUSCLE EXPLAINER – YOUR PQ PERFORMANCE FOUNDATION

Peak performance isn't about grinding harder. It's about training smarter—starting with your mind.

Positive Intelligence (PQ) is built on three core mental muscles that upgrade how you think, feel, and perform under pressure.

Let's break them down:

1. Saboteur Interception



Spot the mental patterns that sabotage your success.

We all have “Saboteurs”—internal critics that trigger stress, self-doubt, procrastination, or conflict. They hijack your mind and steer you off track.

Common culprits:

- *The Judge: Always finding what's wrong (with you, others, or circumstances)*
- *The Hyper-Achiever: Tying your worth to results*
- *The Pleaser: Overcommitting to earn approval*

This muscle helps you notice and name them in real-time—so they lose power.

2. Sage Activation



Shift into a clear-headed, creative, resilient mindset.

The Sage is your performance brain. It gives you access to curiosity, empathy, creativity, and decisive action.

Activating the Sage is about perspective. Instead of reacting from fear, you respond with clarity and confidence.

Use this muscle when:

- *You're facing pressure or setbacks*
- *You need to solve a complex challenge*
- *You want to lead or perform at your best*

3. Self-Command

👉 Regain control of your mind—fast.

This is the “mental push-up.” It strengthens your ability to pause, pivot, and choose your response instead of reacting automatically.

Practiced through 10-second PQ Reps—simple, focused attention techniques that calm your nervous system and rewire your brain.

Use these muscles:

- *During stressful moments*
- *To prepare for high-stakes performance*
- *To build long-term mental agility*

Next Step: Activate Your Performance Engine™

Together, these 3 core muscles form your Mental Fitness foundation.

Train them, and you’ll think clearer, feel calmer, and perform better—no matter the challenge.

👉 Step 1 > Take the free 5-minutes [Saboteur Assessment](#).

NB: Pls select “Yes” to the question “Were you referred by a coach?”

It’s revealing, insightful, and usually sparks some big “aha” moments around the mental patterns that may be quietly holding you back.

👉 Step 2 > Let’s decode your top Saboteurs on a complimentary [Saboteur Discovery Session](#).

👉 Step 3 > [Activate Your Performance Engine](#)

