



# Building Mental Fitness

*Your Key to Peak Performance, Healthy Relationships  
and Lasting Happiness*

Presented by Karen K. Lemke

Whew.



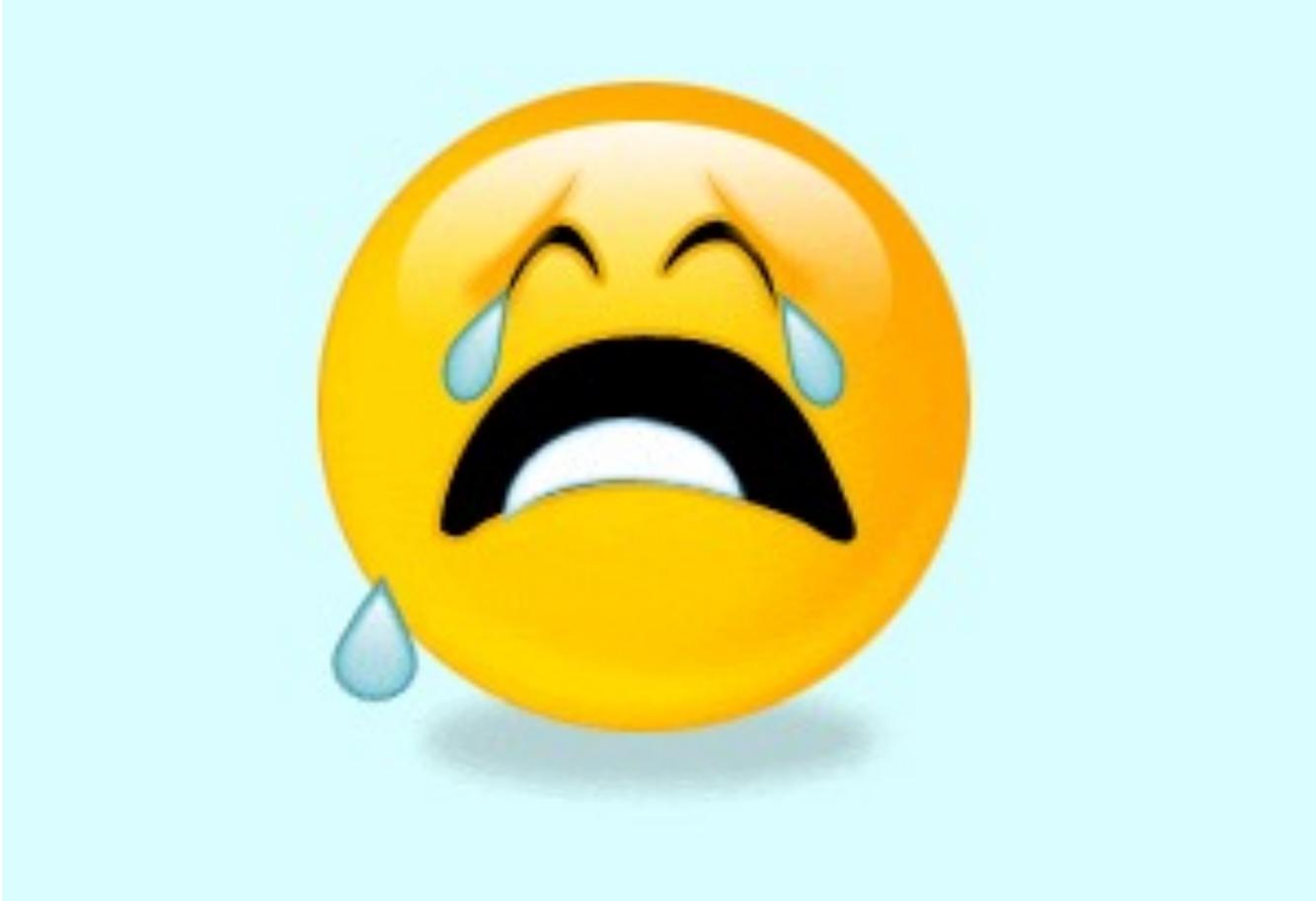
# Who am I? And...Why am I here?

## Because *I'm on a mission*

Enrich \* Encourage \* Inspire







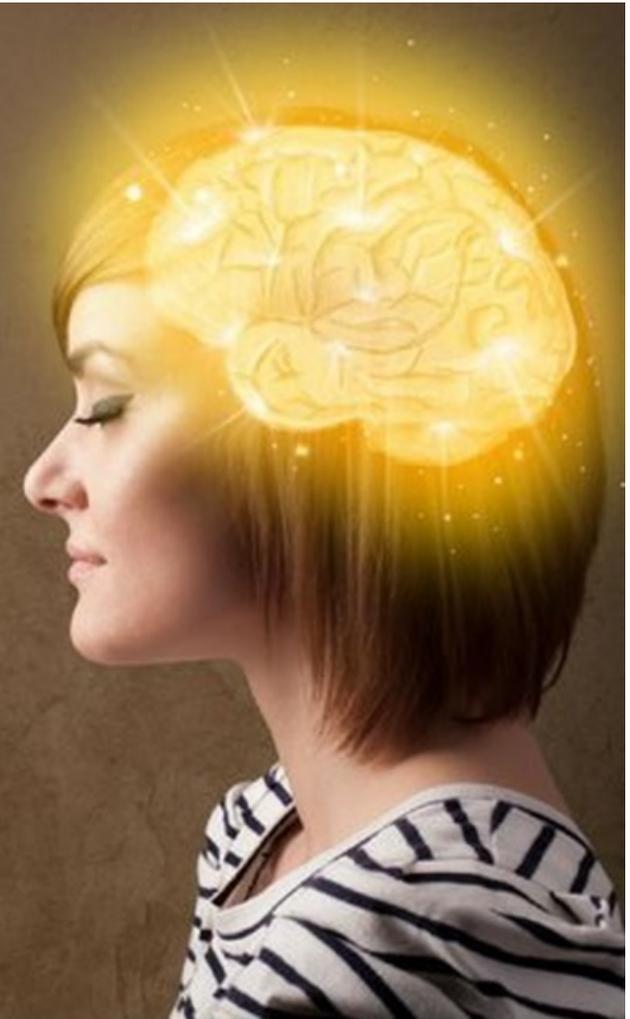


# What makes the difference?





Your brain  
changes every  
day based on  
what you do,  
feel, and think.  
This can work  
for you or  
against you.



# NEUROPLASTICITY



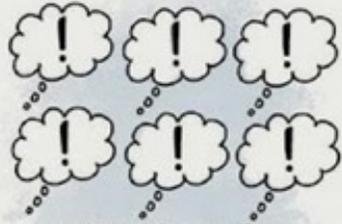
Our brains are composed of  
**86 Million**  
neurons CONSTANTLY firing



We think ~60,000-80,000  
thoughts every day

**80%**  
NEGATIVE

**95%**  
REPETITIVE

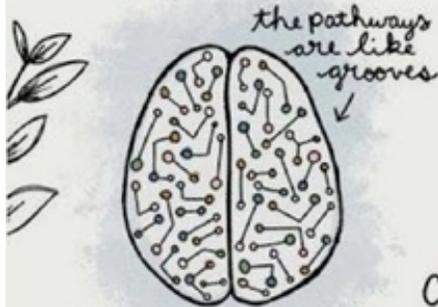


**STUCK IN A  
NEGATIVE PATTERN?**

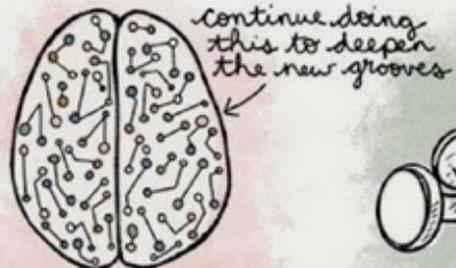
Every time you have the same  
thought, you increase the chances  
of having it again!

but there's  
**GOOD NEWS!**

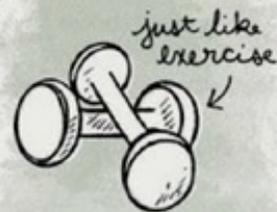
**WE CAN REWIRE  
OUR BRAINS**



Habitual thoughts form  
⇒ NEURAL PATHWAYS ⇐



Choosing positive thoughts  
can create new pathways



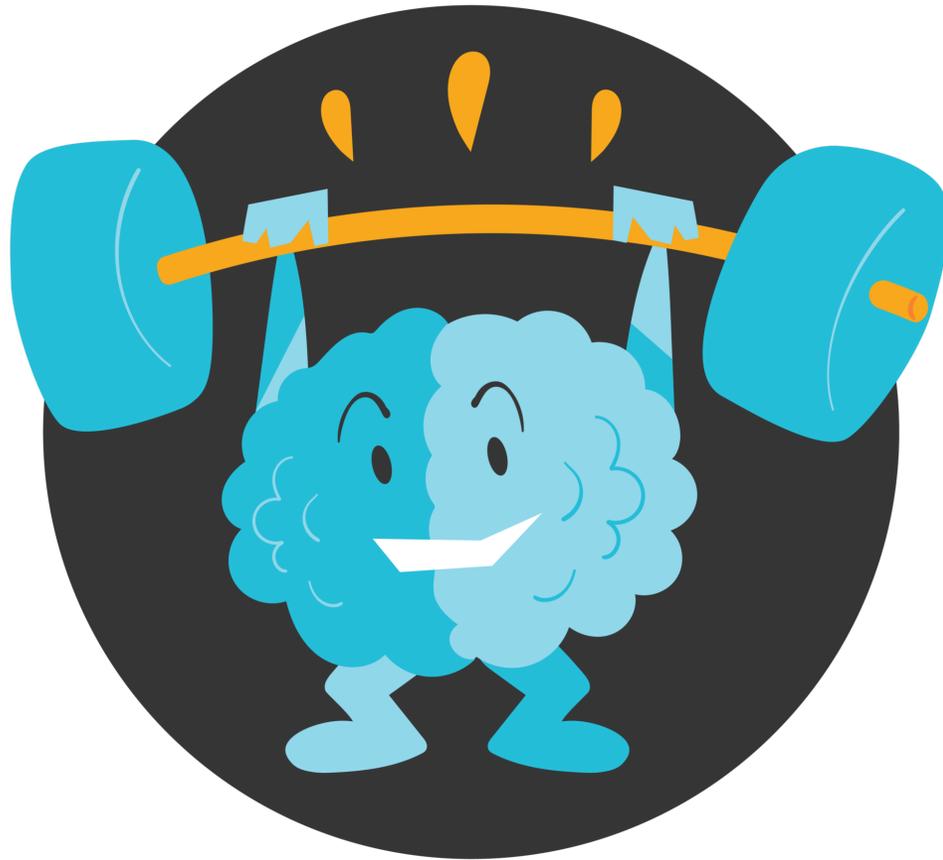
It takes practice and  
daily commitment

## Mental Fitness



Positive  
Intelligence®

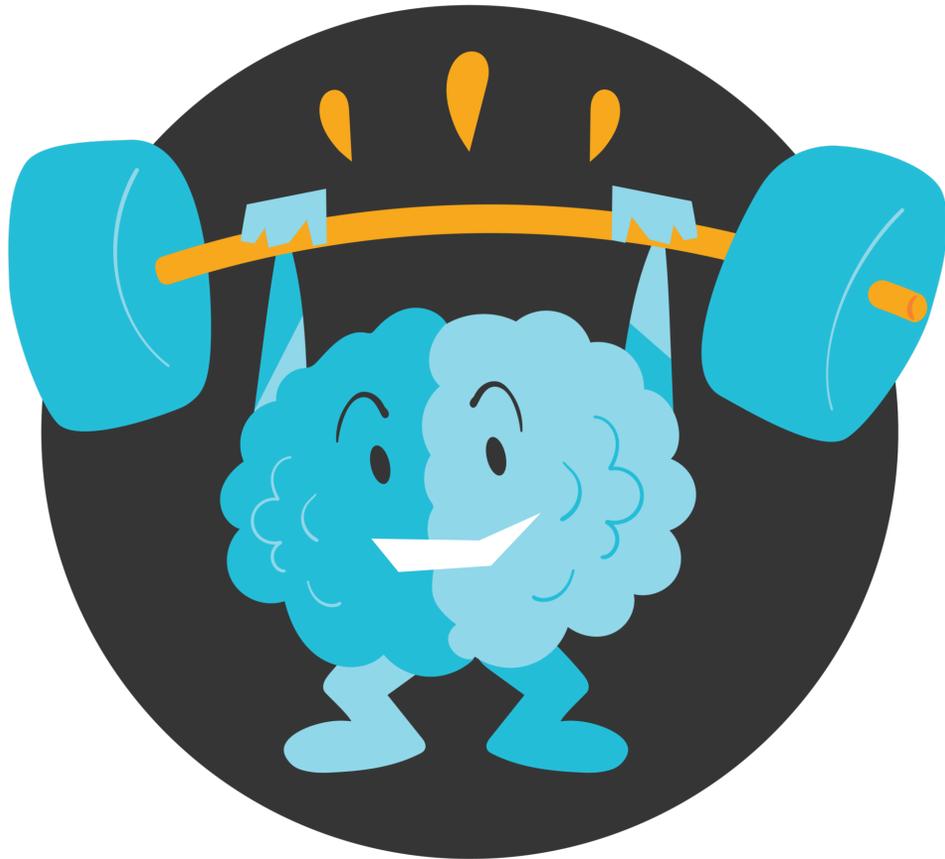
# Mental Fitness



## What is it?

- The capacity to respond to life's challenges with a **POSITIVE**, rather than negative, mindset.

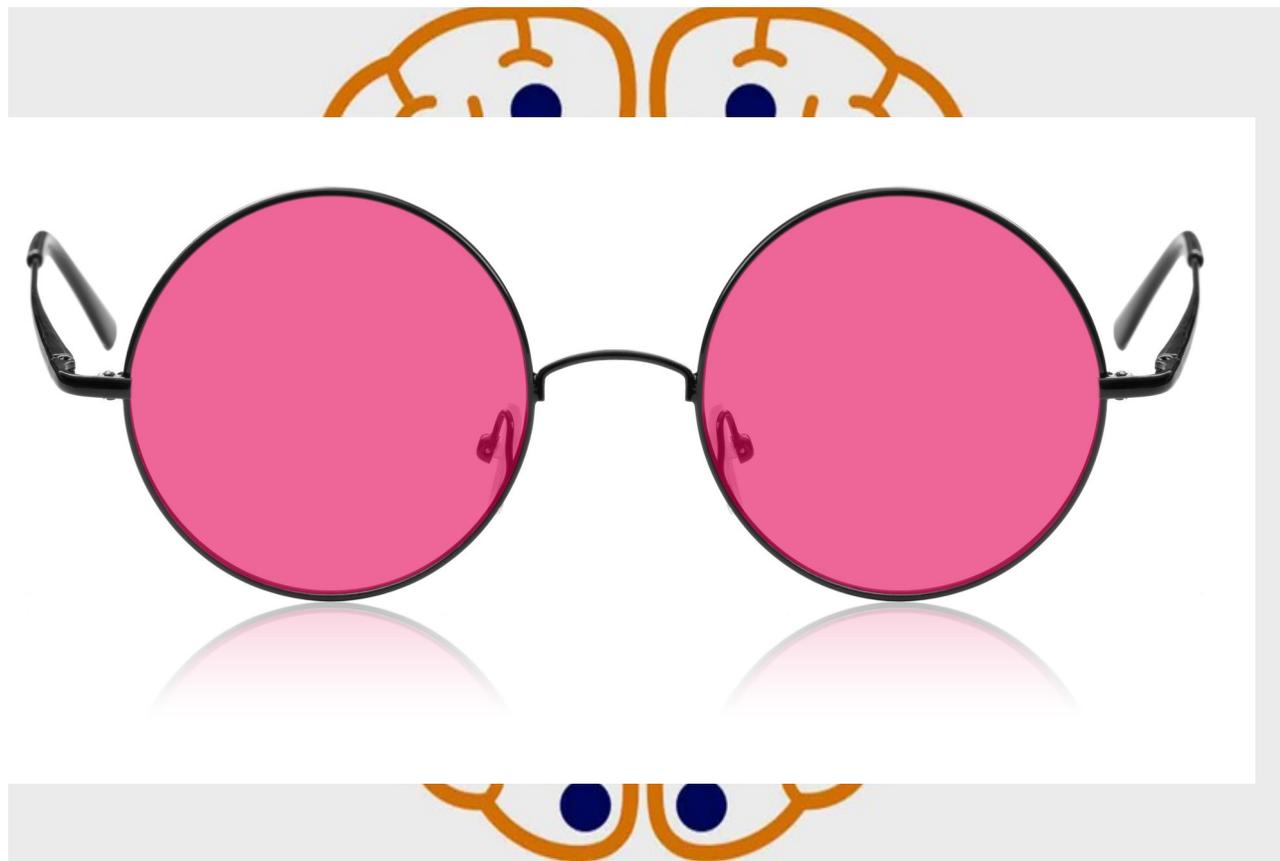
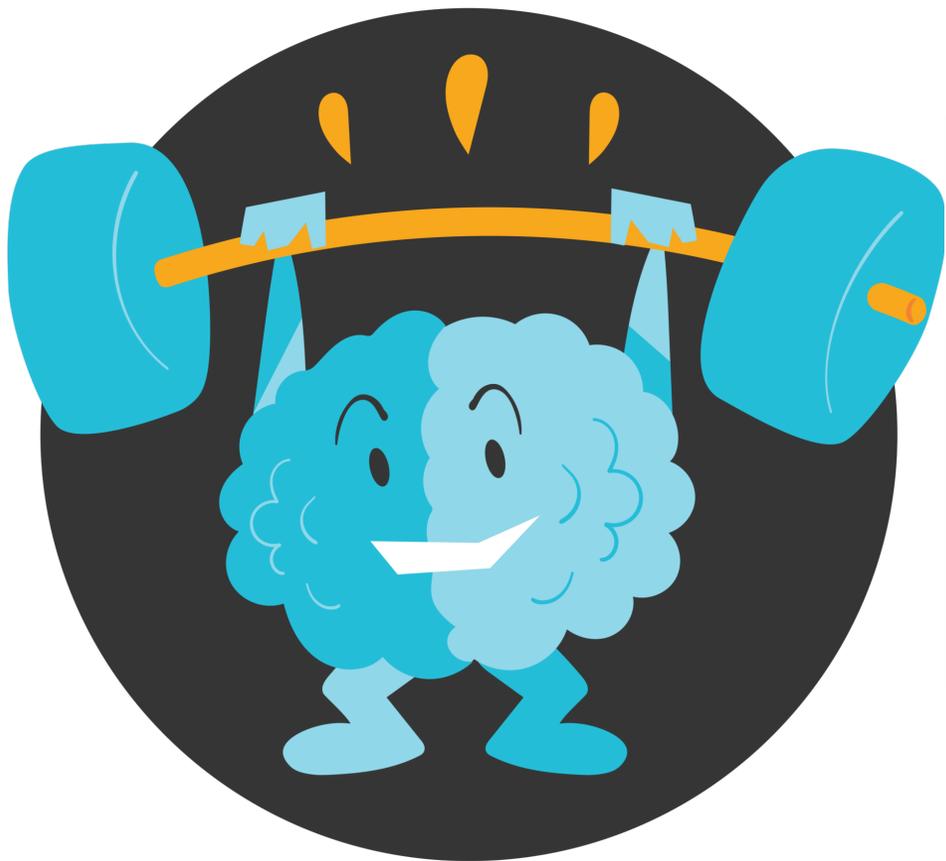
# Mental Fitness



## What's In It For Me?

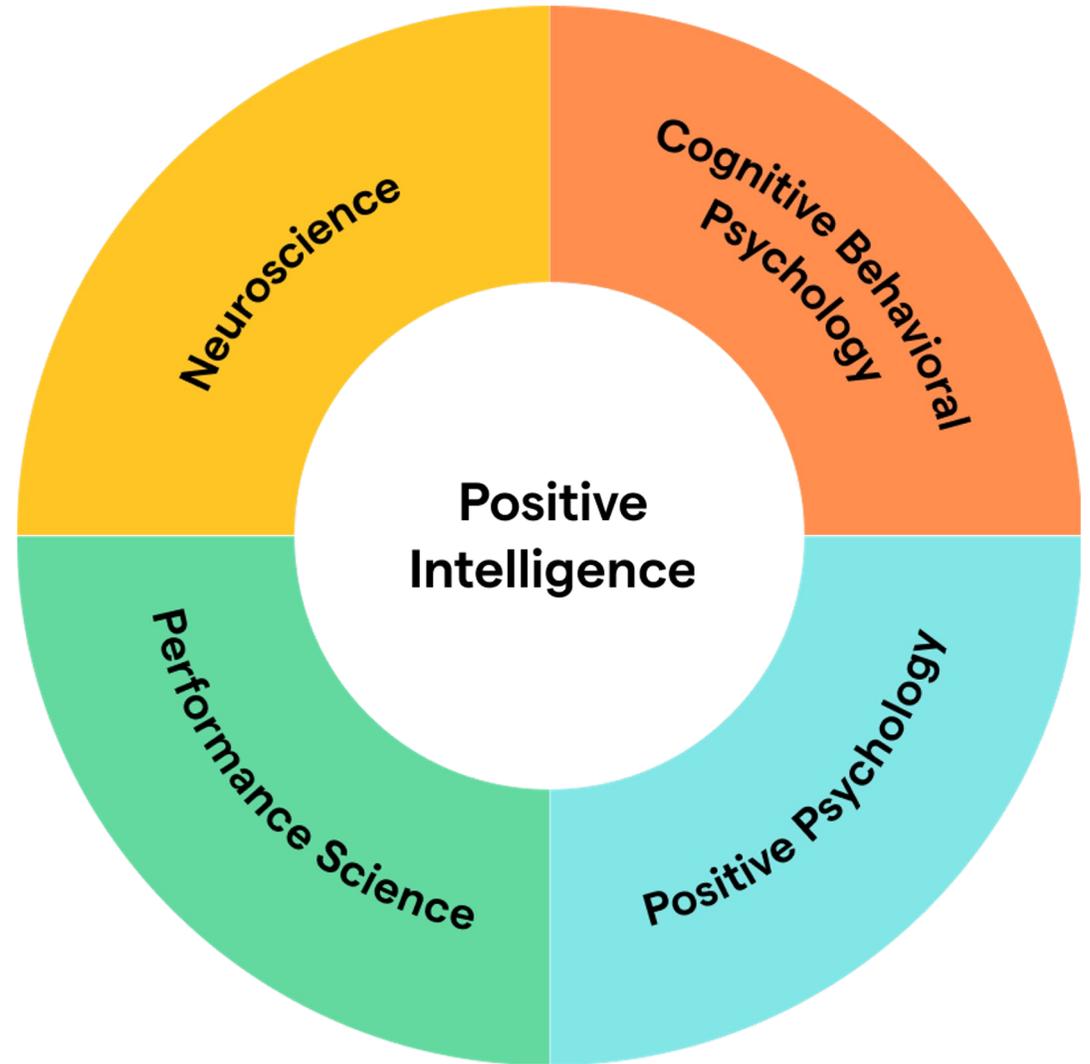
- A change in how I think of myself... from brutally judgmental and critical... to compassionate, focused and powerful.
- Peak Performance
- Peace of Mind / Wellness / Happiness
- Healthy Relationships
- Achievement AND Serenity

# Mental Fitness



# Research Foundation

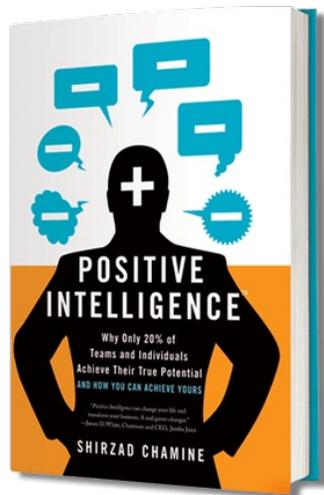
Our mental fitness program is based on breakthrough, original research by Shirzad Chamine and the synthesis of recent discoveries across neuroscience, positive psychology, cognitive behavioural psychology, and performance science.



# 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.



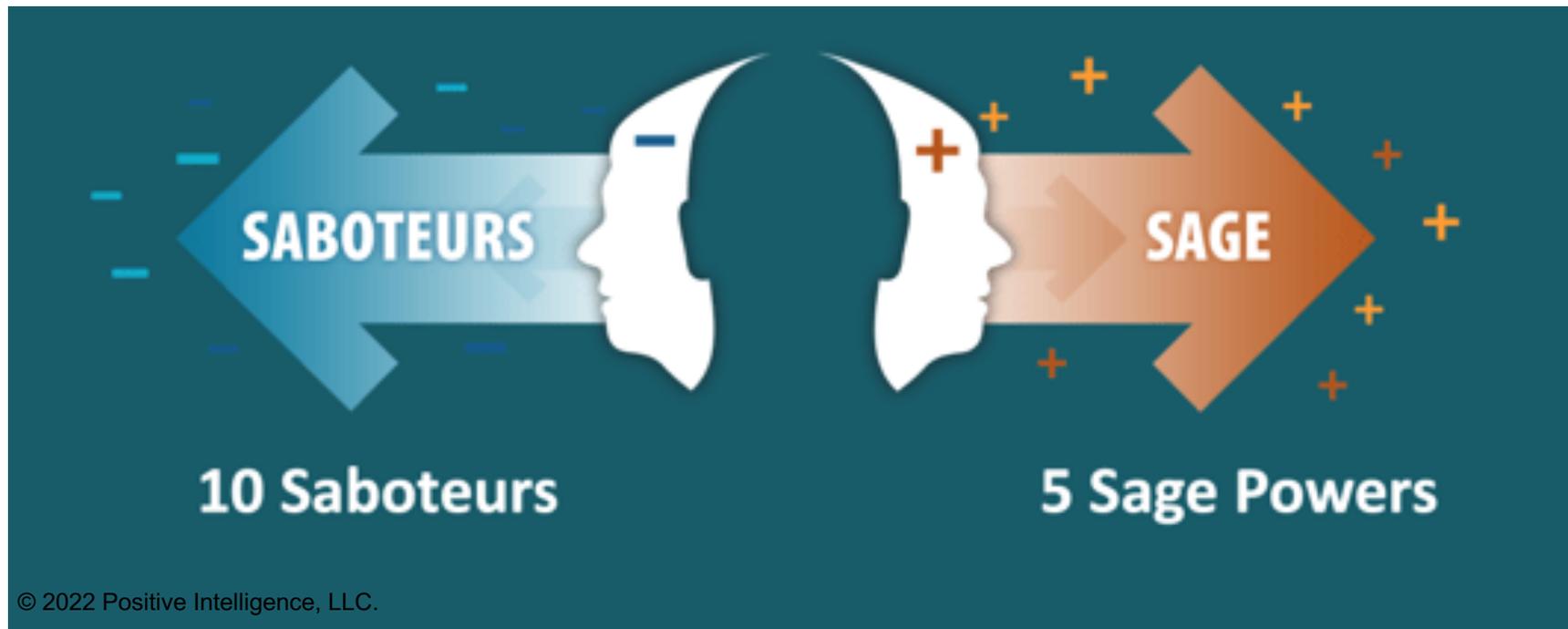
**Tipping Point =  $\frac{\text{Three Positive Thoughts}}{\text{for Every One Negative Thought}}$**

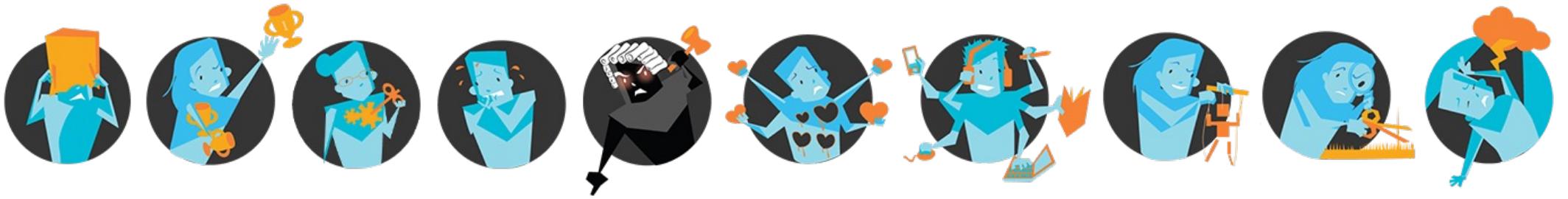
75



	<b>SURVIVOR BRAIN</b>	<b>PQ BRAIN</b>
<b>ANATOMY</b>	Brainstem, Limbic System, Left Brain	Middle Prefrontal Cortex, Empathy Circuitry, Right Brain
<b>FOCUS</b>	Survive	Thrive
<b>VOICE</b>	Saboteurs	Sage
<b>EMOTIONS</b>	Anxiety, Anger, Disappointment, Shame, Guilt, Regret, Blame	Curiosity, Compassion, Joy, Creativity, Peace, Calm Resolve

*Is it negative or positive?  
Discouraging or encouraging?  
Fear or love?  
Push or pull?*

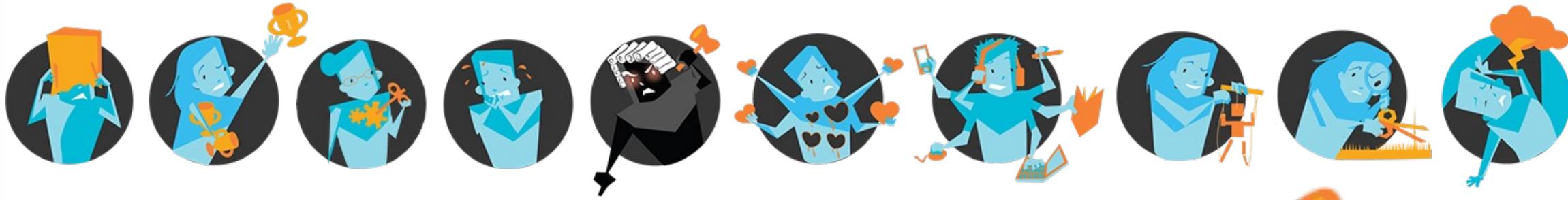




# Where do our Saboteurs come from?

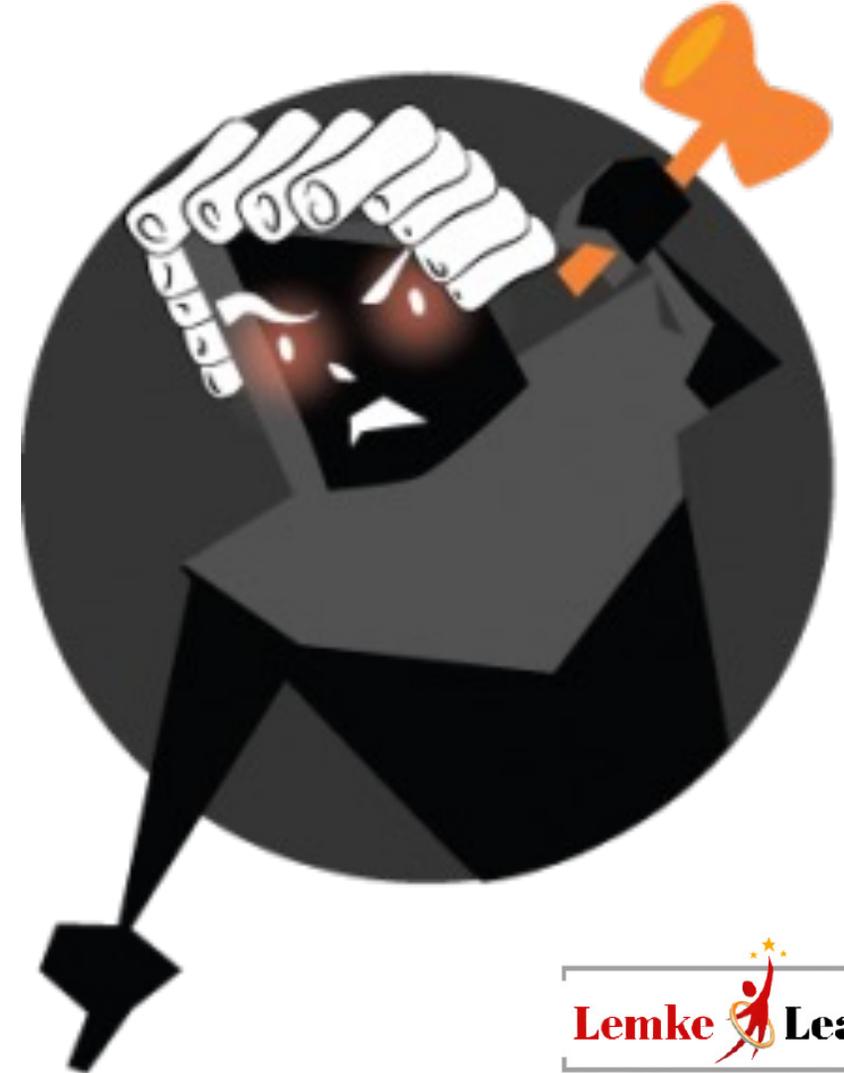
**Childhood beliefs and behaviors** we developed ourselves,  
to better *survive* and *thrive*.

**Frenemies**: What worked *for us* at one time,  
now works *against us*.



## Judge: The Worst Saboteur

- Judges self
- Judges others
- Judges circumstances
- Tells us we are not worthy of love or respect by just being who we are. Instead, it forces us to constantly perform => conditional love.
- Triggers other saboteurs
- Consider naming your judge





CONTROLLER



HYPER-ACHIEVER



RESTLESS



STICKLER



PLEASER



HYPER-VIGILANT



AVOIDER

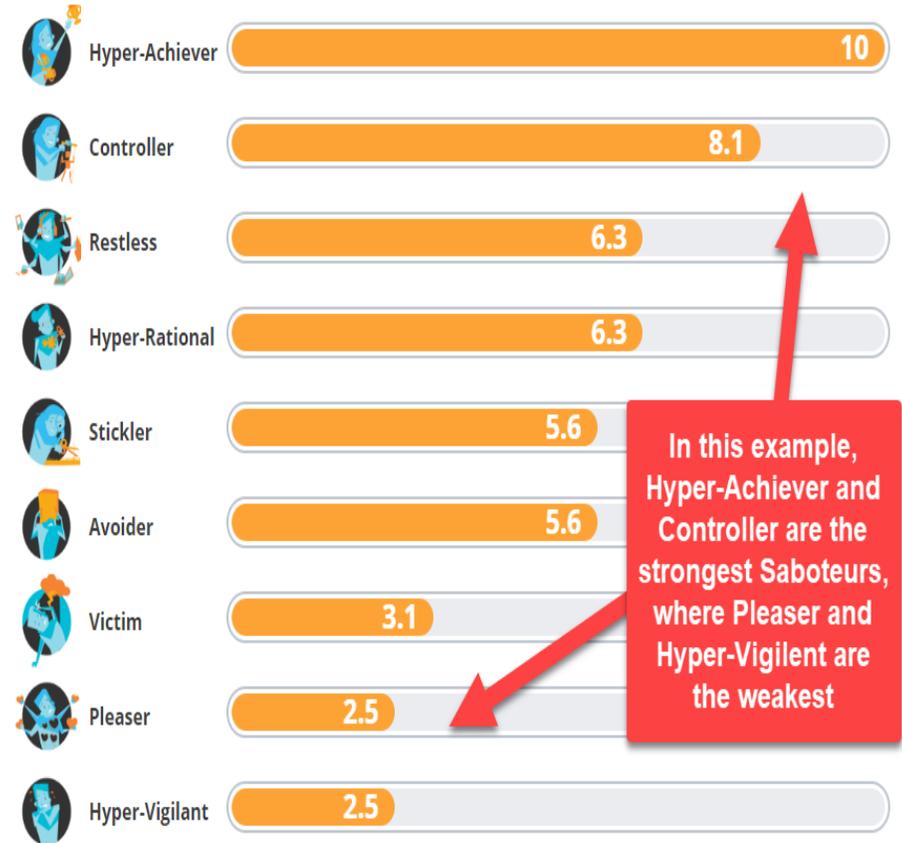


VICTIM



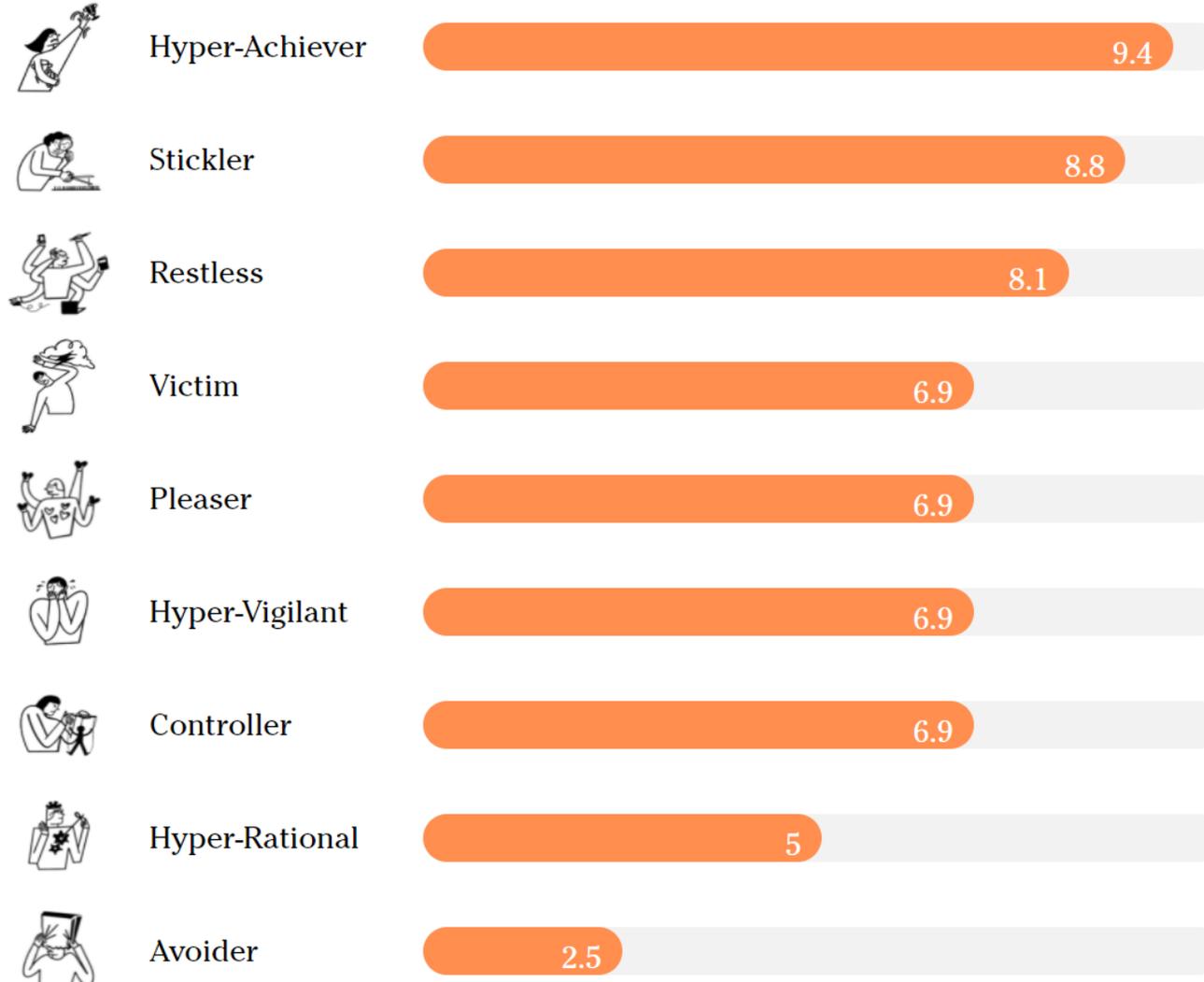
HYPER-RATIONAL

Janet, here are your results



In this example, Hyper-Achiever and Controller are the strongest Saboteurs, where Pleaser and Hyper-Vigilant are the weakest

# Karen, here are your results





## Avoider

- Focusing on the positive and pleasant in an extreme way.
- Procrastinates or avoids difficult/unpleasant tasks or conflicts.



## Controller

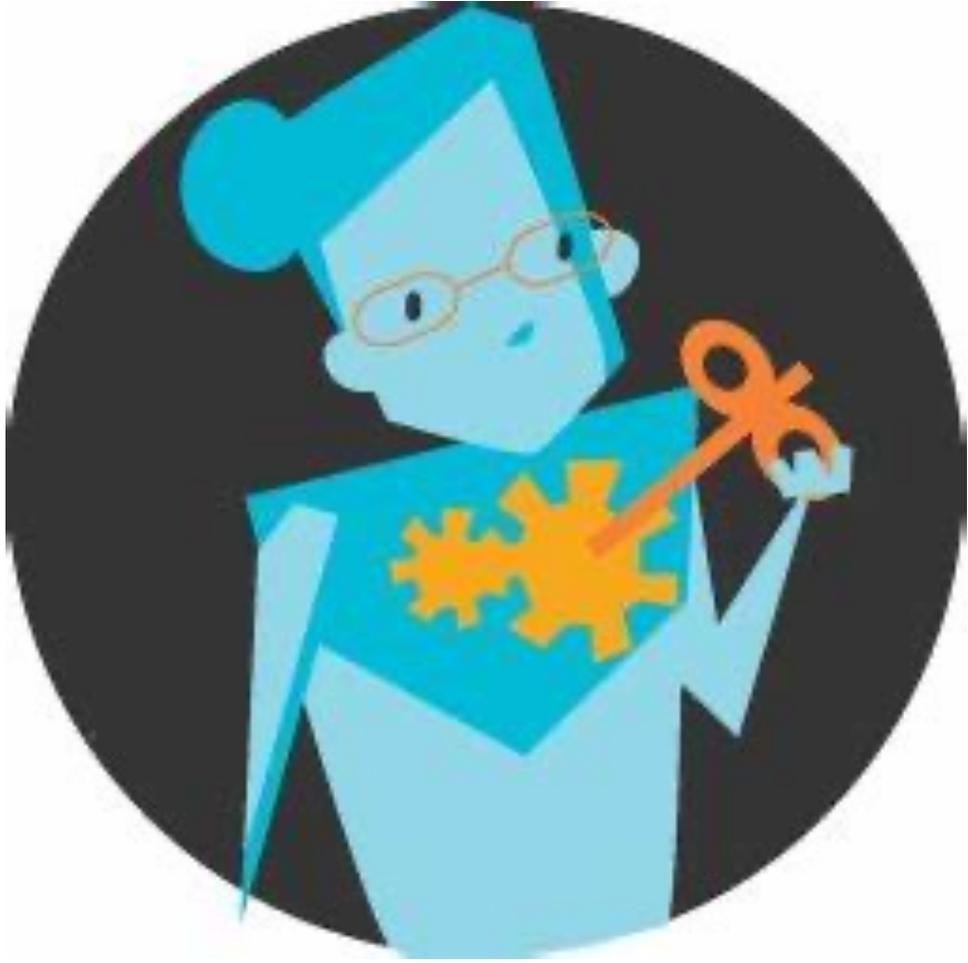
- Anxiety-based need to control situations and bend others to own will.
- High anxiety and impatience when that is not possible.



## Hyper-Achiever

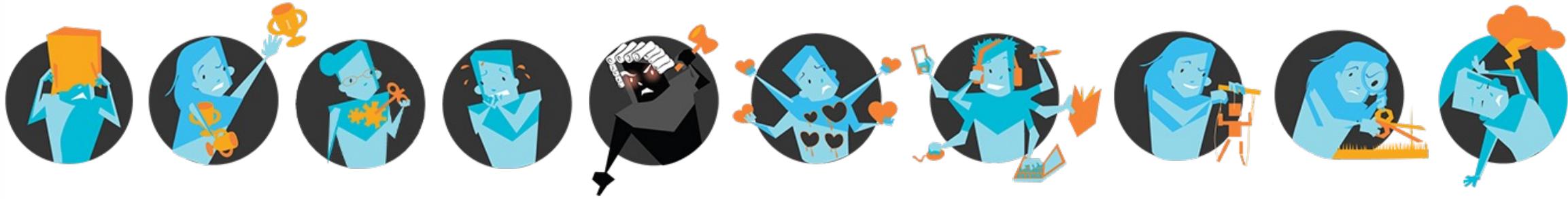
- Dependent on constant performance and achievement to earn self-respect and self-validation (self-love).
- Highly focused on external success, leading to unsustainable workaholic tendencies and loss of touch with deeper emotional and relationship needs.





## Hyper-Rational

- Intense and exclusive focus on the rational processing of everything, including relationships.
- Can be perceived as cold, distant and intellectually arrogant.



## Hyper-Vigilant

- Continuous, intense anxiety about all potential danger, and everything that could go wrong.
- Vigilance that can never rest.



## Pleaser

- Indirectly tries to gain acceptance and affection by helping, pleasing, rescuing, or flattering others.
- Loses sight of own needs and becomes resentful as a result.



## Restless

- Constantly in search of greater excitement in the next activity or constant busyness.
- Rarely at peace or content with the current activity.



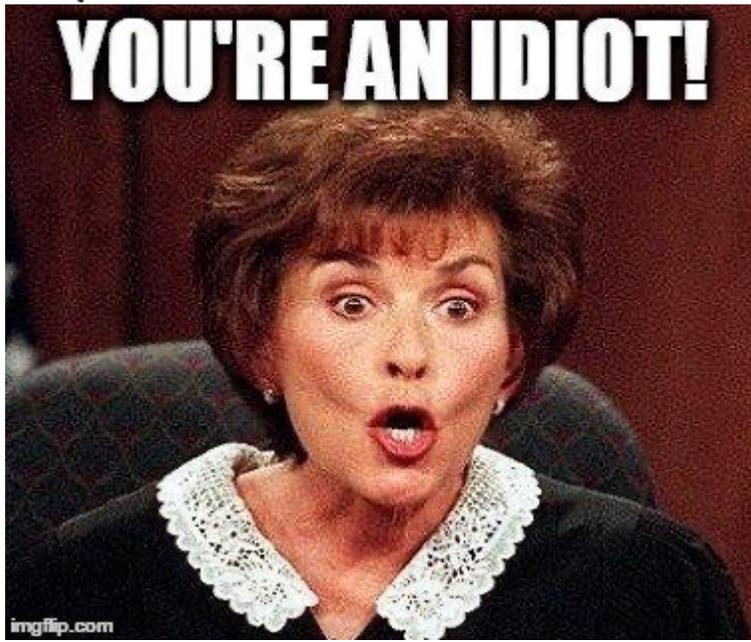
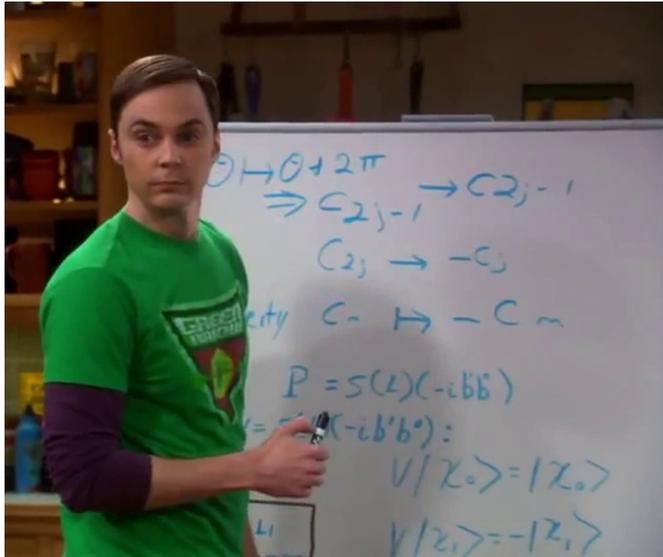
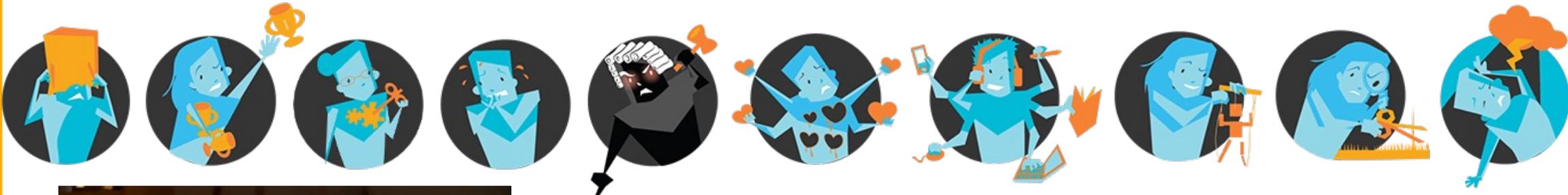
## Stickler

- Perfectionism and unrealistic standards, with highly critical thoughts.
- Need for perfection, order and organization taken too far.



## Victim

- Emotional and temperamental as a way to gain attention and affection.
- An extreme focus on internal feelings, particularly painful ones. Martyr streak.



F.R.I.E.N.D.S





**Are negative emotions good for you?**

A close-up photograph of a person's hand, with a white medical bandage wrapped around the base of the thumb. The hand is resting on a red, textured, circular object, possibly a piece of fabric or a mat. The background is dark and out of focus. The text "Is pain good for you?" is overlaid in white, bold, sans-serif font across the center of the hand.

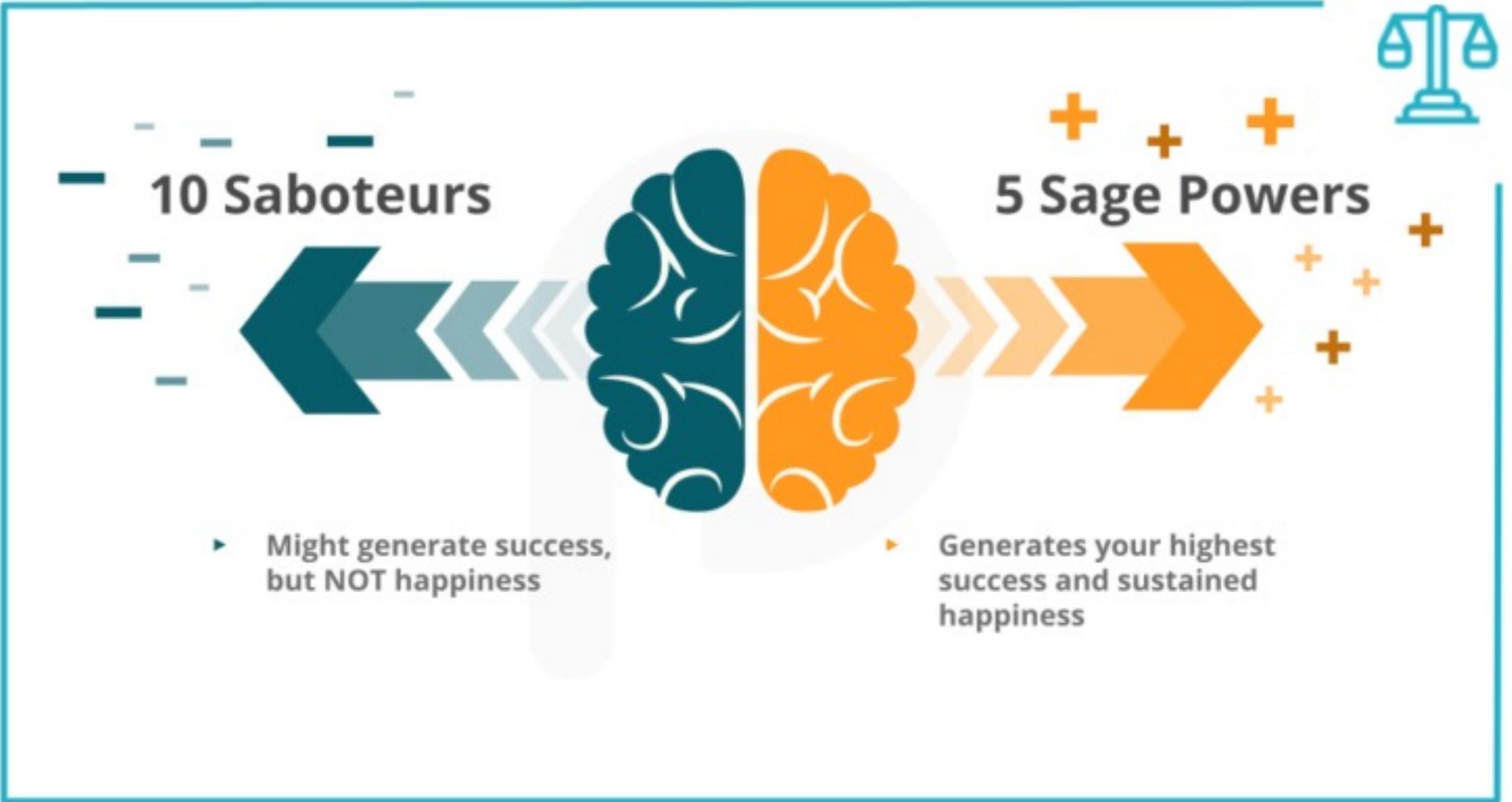
**Is pain good for you?**



*The SAGE Perspective:*

*Everything can be viewed as  
a gift or opportunity...  
and a source of...*

- *Knowledge*
- *Power*
- *Inspiration*



# Positive Intelligence

		MOTIVATION		
		Independence	Acceptance	Security
STYLE	Assert	 CONTROLLER	 HYPER-ACHIEVER	 RESTLESS
	Earn	 STICKLER	 PLEASER	 HYPER-VIGILANT
	Avoid	 AVOIDER	 VICTIM	 HYPER-RATIONAL

*Saboteurs*



*Sage*



*Choose a  
mental image  
that works  
for you!*

*Saboteurs*

*Sage*

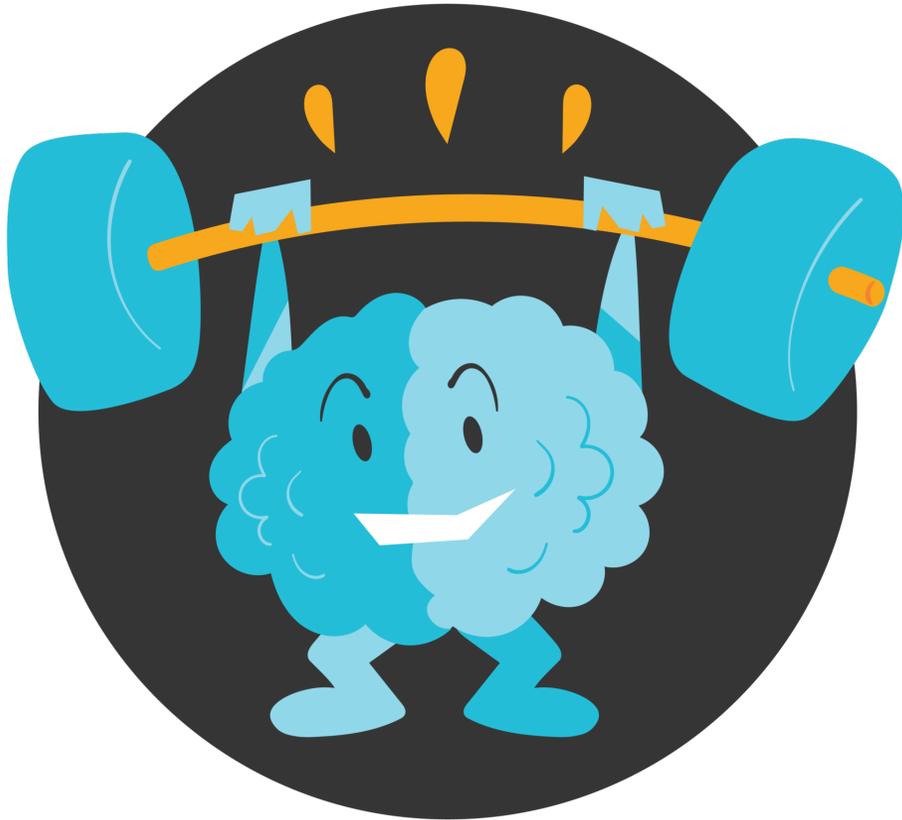
So... how do I quiet my Judge and Saboteurs... and access my Sage?

## **Results of Factor Analysis Research**

Only 3 core muscles are at  
the root of mental fitness

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

# Self-Command: PQ Reps Build Mental Fitness



There are roughly **3-4 PQ Reps per minute of focus.**

A PQ Rep is a 10-second hyper-focus on one of your senses, but most people's minds will drift a bit when doing them in a continuous fashion. So, you can assume you will complete 3 or 4 PQ Reps per minute of continuous practice.

Target = 36 PQ Reps per day (minimum).

# 5 SAGE Powers

**EMPATHIZE**



**EXPLORE**



**INNOVATE**



**NAVIGATE**



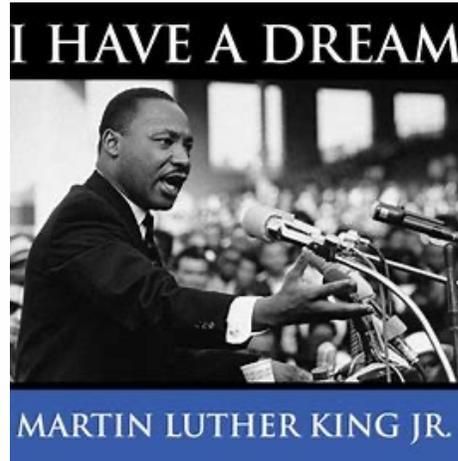
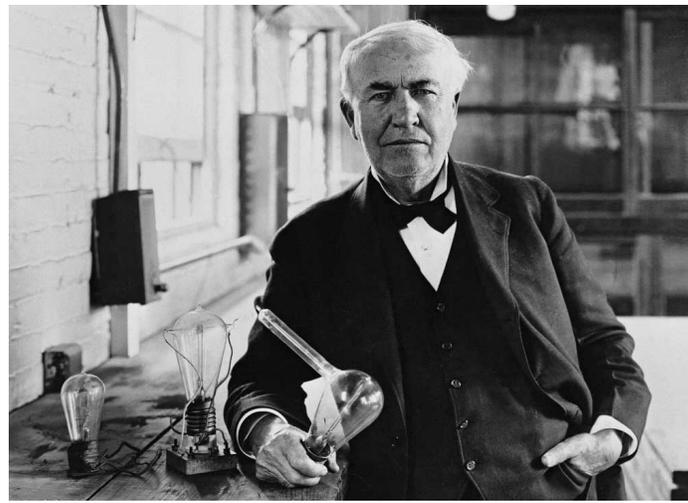
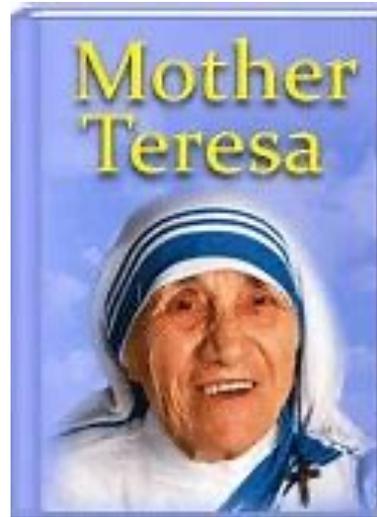
**ACTIVATE**



# 5 Sage Powers

- Explore: Curious; Inquisitive; Open  
(Humble inquiry; What else could be true?)
- Empathize: Compassion; Love for self/others  
(Adorable childhood picture)
- Innovate: Creativity; Idea generation; Inspirational  
(Yes, And...)
- Navigate: Centered; Living into one's "ideal self"  
(Grounded; Purpose-Driven; Begin with the end in mind)
- Activate: Calm, clear, laser-focused action  
(Jedi warrior; Fully present; Taking decisive action)



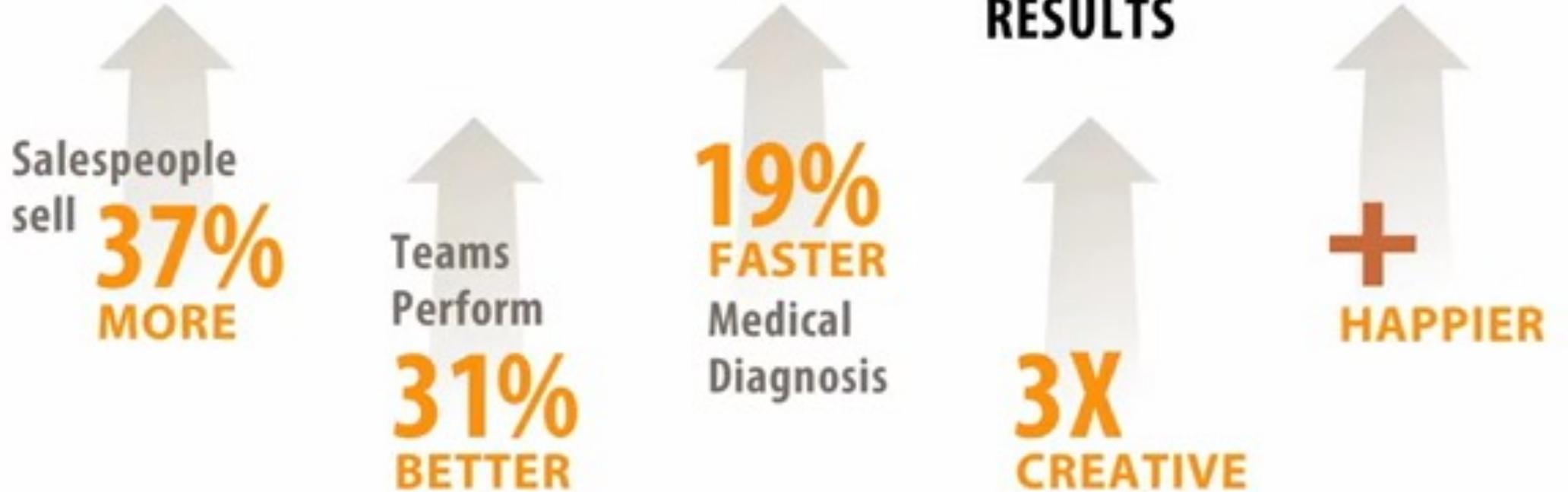


# 5 Sage Powers

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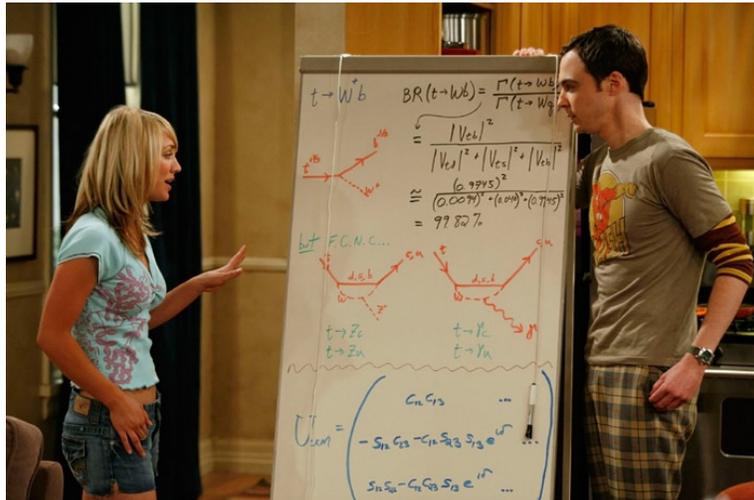


# EXAMPLES OF HIGHER RESULTS



Source: Multiple Researchers' Data – Chapter 1 of *Positive Intelligence*

# Sages We Recognize

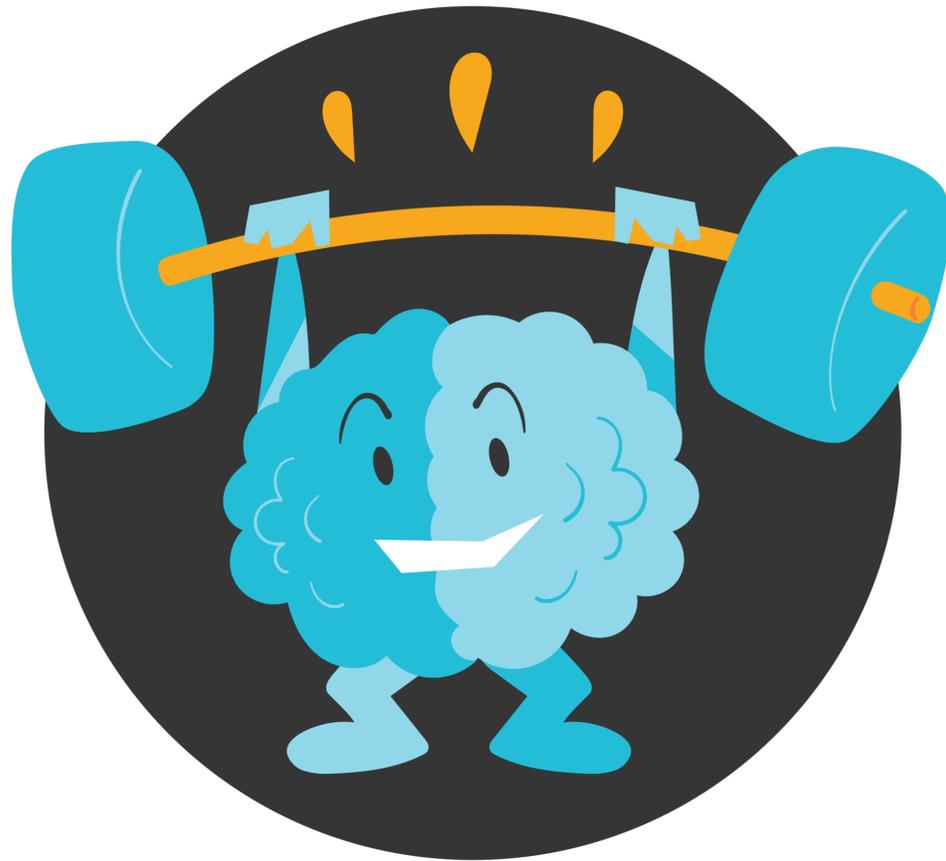


# What does YOUR Sage look like?





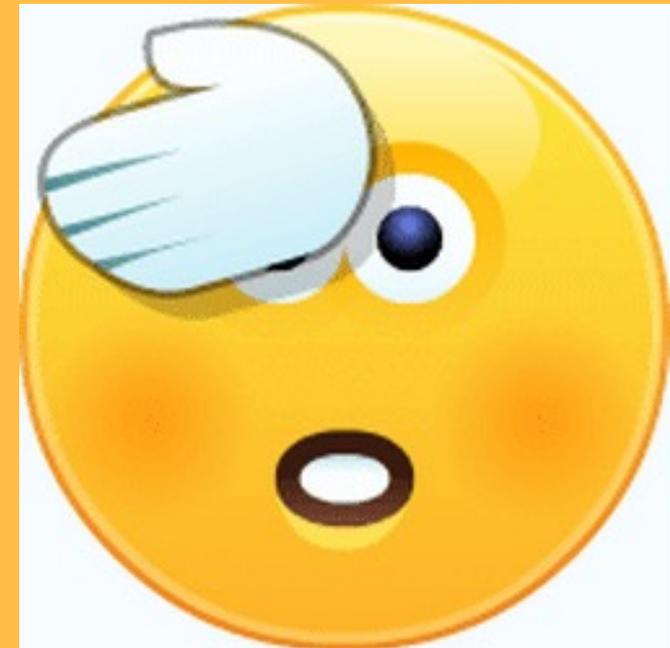
# Simplicity of the Operating System



1. If you're feeling negative emotions STOP.  
You're in **Saboteur** mode.
2. Do some PQ Reps to quiet Saboteurs and activate **Sage**.
3. Assume the **Sage Perspective** that every problem can be converted into a gift and opportunity.
4. Generate the gift by using the Sage powers like empathy, curiosity, creativity, and calm, clear-headed action.

# Key Question:

**Think about the achievements, good relationships and personal happiness you have created so far in life...**



# Now think....

If you could do all that while being brutalized by your Judge and Saboteurs....



Imagine how you could SHINE if you had greater mental fitness, positivity, serenity and peace as the springboard for your FUTURE achievement and success!



# Building Mental Fitness

Your key to:

- **Peak Performance**
- **Healthy Relationships**
- **Lasting Happiness**





## *Contact Karen*

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