



Mental Fitness (PQ) Frequently Asked Questions

Q. Is this the right program for me?

This is the right program for you if you are

- a) committed to improving your performance and effectiveness dramatically while reducing stress,
- b) looking for a science-based and trusted system to make it stick, and
- c) willing to put in the initial effort to rewire years of mental habits that don't serve you.

Q. Aren't negative emotions sometimes helpful?

Some people believe that negative emotions are helpful. For example, they think stress gives them their performance edge, or beating themselves or others up is helpful for continual improvement.

Feeling pain for a split second when your hand touches a hot stove is indeed useful, delivering an important alert. But your Saboteurs keep your hand on the hot stove, continuing to feel negative emotions which harm both performance and happiness.

In this program we learn to use negative emotions as a helpful alert, and then quickly shift to the positive region of the brain that has the calm clarity, objectivity, and creativity to handle the challenge most effectively.

Q. Who will lead the Mental Fitness Program?

Pam Reyes will personally facilitate each of the accountability group meetings and will be available to you at all times to answer questions.

Pam has partnered with Shirzad Chamine, author of Positive Intelligence, who will conduct each of the weekly video sessions. Shirzad will also participate daily in the exclusive online community of the program participants to answer questions, provide coaching, and cheer you on.



Q. How much time and effort is required?

You'd be committing to watching a 1-hour video once per week and doing a combined total of 15 minutes per day of practice guided by the Positive Intelligence app exclusively designed for this program. In addition, you'll have a weekly accountability group meeting that will last no more than an hour.

This might sound like a lot of time. In fact, cumulatively, it constitutes less than 2% of your awake time for the duration of the program. Please consider that your Saboteurs are costing you far more than 2% of your time, effort, energy, and productivity. Consider how much more than 2% of time and productivity this six-week investment will save for years to come.

Q. How is this different from reading the book?

You'd never learn to ride a bicycle by reading a book about it. You'll be asked to read the first 8 chapters of the book while participating in the program. The book provides the research foundation and introduces the tools. The video session guides you through experiential exercises that help you personalize the tools to your own personality and needs. And the app coaches you to practice one tool at a time in the context of your own daily work and life challenges.

Q. Why boost my Mental Fitness?

Imagine what would happen to your performance and joy if you shifted from swimming against the current to swimming with the current. That's the kind of **dramatic improvement** you'd experience if you improved your mental fitness (PQ) beyond the tipping point.

You'd switch from feeling constantly dragged down by the net-negative currents of your mind, to feeling **uplifted by the net-positive**. Your experience of work and life's challenges and relationships would become much more harmonious. **You'd produce more with less effort**. And you'd enjoy every step along the journey, rather than short-lived celebrations after the occasional wins.

You'll realize that actually your greatest accomplishments come not when you're working "hard" but when you're able to experience the **ease and flow of the net-positive vortex**. That's what athletes report about the effortless mastery of being "in the zone."



Q. How do I boost my Mental Fitness (PQ)

Based on research with 500,000 individuals, the fastest way to improve your PQ is to **identify which “Saboteurs” in your head generate your negative emotions** such as stress, self-doubt, anger, fear, or shame.

Q. Should we participate as a team?

Even though the focus on the program is individual development, team leaders often call this experience the best team building experience they have ever had. Going through this program together significantly deepens trust, helps clear the air related to recurrent team member conflicts since they’re most generated by Saboteurs, and gives the entire team a common framework for helping each other grow, making decisions, responding to setbacks, and managing conflict styles and agendas.

Q. Do you have corporate or group discounts?

Yes, if you would like to purchase the Mental Fitness program for your employees, or any group of 8 people and above, please contact Pam Reyes at pam@pamreyes.com for more information