Mental Fitness

How to grow the 3 Core Muscles to thrive in challenging times

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PNSQC 2021
My 3 year journey:

• Got Fired & Retired
• Do what you love…. Love what you do
• Human Doing to Human Being
Mental Fitness is the X-Factor
Simone Biles - GOAT

....she knew she didn’t have it.
She was in her head....deep.

“Demons” she calls them...were back, stronger than ever.
They seep in and make her question everything

She was clear: She wasn’t physically injured.
She was not in the right headspace.

Mental Fitness is the X-Factor
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

Mental Fitness is the X-Factor

Positive Psychology
Cognitive Psychology
Neuroscience
Performance Science

Positive Intelligence
Research includes results from...

Hundreds of CEOs and their executive teams
- Stanford students
- World-class athletes
- 500,000 participants from 50 countries

The Power of Factor Analysis

- Discovers the root cause
- Results in radical simplification

Example
At the root of thousands of colors are only three factors:

Red, Blue, and Yellow
Results of Factor Analysis Research

Only three core muscles are at the root of mental fitness.

01 Saboteur Interceptor

02 Sage

03 Self-Command

Mental Fitness is the X-Factor
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1. Saboteur Interceptor
2. Sage
3. Self-Command
The Judge

Mental Fitness is the X-Factor
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CONTROLLER  HYPER-ACHIEVER  RESTLESS
STICKLER  PLEASER  HYPER-VIGILANT
AVOIDER  VICTIM  HYPER-RATIONAL
Mental Fitness is the X-Factor
Mental Fitness is the X-Factor

10 Saboteurs

- Motivates you through negative emotions...
  - fear, stress, anger, guilt, shame, insecurity

5 Sage Powers

- Motivates you through positive emotions...
  - empathy, curiosity, creativity, passion and purpose

Parts of the Left Brain

Parts of the Right Brain
Mental Fitness is the X-Factor

10 Saboteurs

- Might generate success, but NOT happiness

5 Sage Powers

- Generates your highest success and sustained happiness

#PNSQC2021
Mental Fitness is the X-Factor
Are negative emotions good for you?
Is pain good for you?
Negative emotions...

- Only helpful for 1 second as alert signal
- Staying in negative emotion hurts ability to see clearly and respond with empathy, curiosity, creativity, or laser-focused action
- Negative Emotion = Saboteur
1. Saboteur Interceptor
2. Sage
3. Self-Command
The **Sage**

- Lives in region of brain associated with:
  - Positive emotions
  - Peace and calm
  - Clear-headed focus
  - Creativity
  - Big picture

- Operates from the Sage Perspective
Sage Perspective

Every outcome or circumstance can be turned into a gift and opportunity.
The Stallion Story
Question

Which Perspective is True?

**Saboteur:** “This is bad”
**Sage:** “This is a GIFT”
Question

Which Perspective is True?

1. **Saboteur**: “This is bad”
2. **Sage**: “This is a GIFT

Answer

Whichever you believe becomes true.
1. Saboteur Interceptor
2. Sage
3. Self-Command
10-Second
PQ Reps
Simplicity of the Operating System

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

Is it really possible to just shift from Saboteur to Sage response, even in tough challenges?
Question

Is it really possible to just shift from Saboteur to Sage response, even in tough challenges?

Answer

YES, but the speed and depth of the shift depends on **mental muscle** strength.
Lasting, positive change requires...

- 80% Mental Muscle
- 20% Insight

Mental Fitness is the X-Factor
Success requires intense initial practice

You can’t defeat a gang of 10 bandits by sending one new fighter per day for 100 days.

- 15 minutes/day
- 21-66 days to form a habit
Mental Fitness is the X-Factor

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https://assessment.positiveintelligence.com/saboteur/overview