

Mental Fitness

The Foundation for Performance and Happiness

Are you ready to quiet the judge-voice in your head?
Are you tired of the damage you cause when you react rather than respond?

Believe it or not, you can quiet your judge and even train yourself to respond thoughtfully rather than react emotionally.

Building on the latest developments in Neuroscience, Positive Psychology, Cognitive Behavioral Psychology, and Performance Science, you can achieve the same results as elite athletes and high performing CEOs. Really.

Your ability to execute at the highest level is dependent upon your ability to master your mind. It's time to take control of your brain, stop being your own worst enemy, and make intentional progress towards living the life you want.

START here: Take the free [Saboteur Assessment](#) to learn how you self-sabotage

EMBARK on a journey to improve your mental fitness and break the self-sabotage cycle!

Join 3-5 other people on a 6-week journey of mental fitness

Your 6 week commitment:

- Read or listen to the first 8 chapters of the book [Positive Intelligence](#)
- Attend a weekly 30-minute “Pod” meeting to discuss your learnings and learn from others
- Engage with your Pod throughout the week in the PQ app
- Spend at least 15 minutes/day doing Mental Fitness training

What you get:

- Access to the [PQ training program](#) and all training materials for 1 year (Valued at \$1000)
- A community of people who are “for” you and supporting you
- Noticeable and significant results in only 6 weeks
- More self-control, creativity, happiness, productivity, and good stuff!
- Less stress, conflict, frustration, procrastination, anxiety, and bad stuff!

My Commitment to you:

- Thoughtful engagement and coaching through the training
- 30 day 100% money back guarantee if you are not satisfied

Cost: \$400

Based on the NY Times best selling book [Positive Intelligence](#), by Shirzad Chamine