



You can end this year with a strong sense of success ... *if* you develop your **Mental Fitness** and increase your **Positive Intelligence (PQ)**

Like most people you probably sometimes find yourself stuck in energy sapping cycles of procrastination, guilt or frustration because you have not followed through on your intentions to adopt new habits or new ways of thinking. Something or someone is always getting in the way of your success.

Research now definitively shows that we are more likely to succeed if we create new brain patterns to overcome self-limiting beliefs and intercept our ever-present saboteurs.

Mental Fitness is a process to *increase* your Positive Intelligence (PQ) rather than just depending on wishful or positive thinking. The Mental Fitness programme works on strengthening **3 core muscles** of mental fitness:

1. **The Saboteur interceptor muscle** will shut down your inner critic that triggers negative emotions
2. **Your stronger SAGE muscle** will tap into positive emotions and connect with your infinite potential for great happiness and peace of mind.
3. **Your self-command muscle** will help you to regain control of your thoughts

This is a unique opportunity for **5 people** to participate in **the Mental Fitness Intensive**

The programme will commence in October 2023

To ensure you get positive results from The **Mental Fitness Intensive**, you must be willing to commit to **2 hours and 14minutes** a week for **7weeks** investment for extraordinary results.

During that time, you will:

- Watch a weekly 1hr video sessions from **Shirzad Chamine**, author of Positive Intelligence
- Do daily mental exercises delivered directly to your phone. *(2min activity x 3 times a day x 4 days Tuesday - Friday)*
- Participate in a weekly 'pod' meeting *(50 minutes)* where I, your PQ Coach, will facilitate you along with 4 others to deepen your learning and your daily practice.

Why not commit now to give yourself the best chance of finishing this year with a flourish?

If you are interested **AND** willing to commit to all the elements over the **7 weeks from** 29th September 2023 to 13th November 2023, contact Lily on 087 6349664 or book a laser Coaching session on <https://blueheroncoaching.youcanbook.me>



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