



Stronger From Within: Wellbeing That Lasts

Introduction to
Positive Intelligence

by Evi Kathrepti

cofounder of the
Permission to Thrive community

What happens when you fail to prioritise your wellbeing

- Your performance is impacted
- Your stress levels increase
- Eventually, you burn out
- Long-term health implications



Today, we explore what truly gets in the way of wellbeing and how to shift it —without adding more to your to-do list.

Why Traditional Wellbeing Tools Often Fall Short

- Overemphasis on doing more (e.g. meditation apps, wellness routines)
- Unsustainable under pressure
- Don't address root causes of stress
- Can feel like another task to manage



What If It's Not About Doing More?

What if the key is not doing more,
but thinking differently?

Stress vs Mindset Patterns



What Gets in the Way

Automatic negative thought patterns (saboteurs) that hijack our thoughts, emotions and energy



The Breakthrough Insight

Every moment is a choice:
react with Saboteur or
respond with Sage (your
calm, wise, empathetic self)

This shift is the root of lasting wellbeing

Positive Intelligence

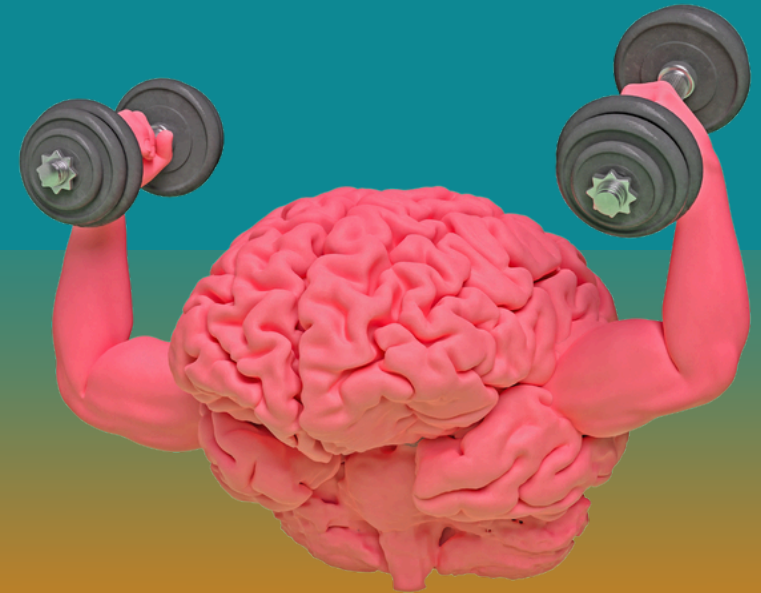
Positive Intelligence (PQ) is a framework developed by Shirzad Chamine that measures the strength of your positive mindset versus your negative mindset. It focuses on identifying and weakening internal "saboteurs" (negative thought patterns) while strengthening the "sage" perspective, which promotes resilience, creativity, and calm. By increasing your PQ, you build mental fitness, allowing you to handle challenges with a clearer, more balanced mindset. This shift helps reduce stress, improve performance, and enhance overall well-being. It's particularly useful for fostering self-awareness and emotional regulation.



So what is mental fitness?

Your capacity to respond to life's challenges with a positive mindset.

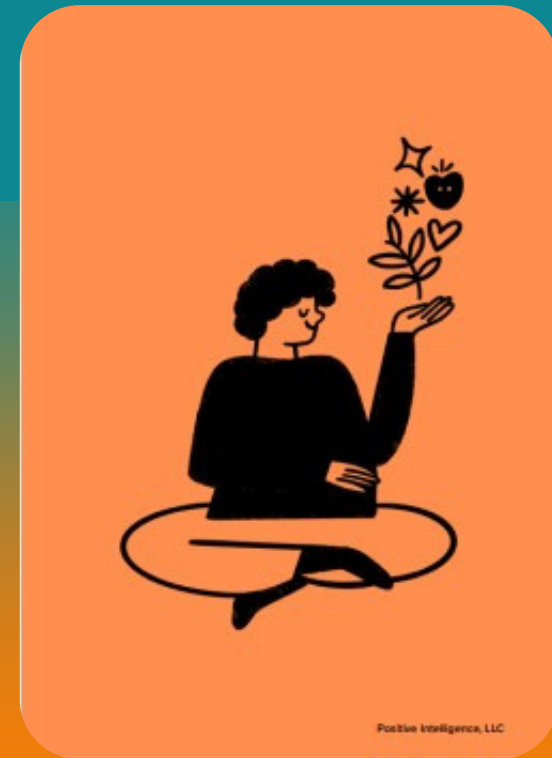
Just like physical fitness, it needs consistent training and it is the foundation of emotional resilience and wellbeing



Positive Intelligence is backed by science. Extensive research has been conducted and proved our ability to impact our own mental health.

Tiny Shifts, Big Impact

PQ Reps are short, mindful exercises that help strengthen your positive mindset by shifting your focus from negative, saboteur-driven thoughts to a calmer, more present state. They involve simple sensory activities—like rubbing two fingers together with full attention or focusing on your breath—to activate the "sage" brain and reduce stress. Practicing PQ Reps regularly builds mental fitness, helping you respond to challenges with resilience and clarity. They can be done anytime, anywhere, and usually take just a few seconds to a few minutes.



Results you can expect if you improve your mental fitness

- **Stress** ↓
- **Focus** ↑
- **Resilience** ↑
- **Relationships** ↑
- **Overall wellbeing** ↑



Let's practice

I invite you to close your eyes as we transition to our PQ Reps.

Shift your attention away from thoughts and begin to focus on your body.

Feel the weight of your body on your seat.

Feel the weight of your feet on the floor.

Take a few deep breaths and notice the rising and falling of your chest or stomach with each breath.

Relax back into the natural rhythm of your breath.

Notice the temperature of air as it enters your nostrils and temperature of air as it exits your nostrils.

Let go of thoughts as they come, and keep re-focusing on your physical sensations.

Now, gently rub two finger tips against each other with such attention that you can feel the fingertip ridges on both fingers.

Shifting a little, gently rub all the fingertips of one hand against the fingertips and palm of the other and feel ALL those sensations of touch.

Bring your attention now to the sounds around you and notice the ones that are farthest away.

Now bring your attention to those closest to you, perhaps even your own breath.

Once again, return to your breath, notice the rising and falling of your chest or stomach with each breath.

The message is simple:

- **Prioritise your self-care**
- **Have your support network in place**
- **Ask and receive the help you need (guilt free)**
- **Take ownership of your mental health**



Do you want to learn more about Positive Intelligence and Permission to Thrive?

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Evi

