Positive Intelligence®

The PQ® Program



Be Limitless. Be You.

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MND SET

Build Powerful Habits for a Positive Mind

The PQ Program from Positive Intelligence® offers a simple yet effective way to improve well-being, performance, and relationships. Backed by neuroscience, the program helps you break free from self-sabotaging patterns and build mental fitness through consistent daily practice.

What Is Mental Fitness?

Mental fitness is your capacity to respond to life's challenges with a positive, clear, and focused mindset instead of being derailed by stress, negativity, or self-doubt.

What Does the PQ Program Do?

Most efforts to create lasting change fail because they don't address the root problem.

The PQ Program helps you:

Catch Your Saboteurs

Recognize negative mental patterns that undermine your well-being, relationships, and performance.

Energize Your Sage Brain

Activate the part of your brain that fosters clarity, resilience, and creativity.

Use Your Sage Powers

Apply five core Sage Powers (Empathize, Explore, Innovate, Navigate, and Activate) to overcome challenges and achieve your full potential.

Participants in the PQ Program report significant improvements in just seven weeks.

For example:

91% manage stress better

97% improve empathy

85% increase happiness

What Does the PQ Program Include?

Interactive Learning 1 hour weekly
Short videos and activities for practical, real-world application

Morning Practice 3-4 minutes daily
Exercises to deepen and personalize your understanding of mental fitness tools

10-Second Exercises Anytime
Quick practices to reinforce positive habits anytime, anywhere

Trauma-Sensitive Content
Supportive guidance tailored to individual needs

Pod Discussions
Small groups for shared learning, motivation, and accountability

The PQ App
Available on Apple, Android, and Desktop, the app integrates your daily practice and tracks your progress toward lasting change

Why it works?

The PQ Program is unique in its ability to create sustained change by addressing the root causes of stress and negativity. Neuroscience-based tools and app-guided practices help you:

- **Build resilience to navigate life's challenges**
- **Strengthen empathy, collaboration, and relationships**
- **Achieve peak performance without sacrificing well-being**



Commit today to improving your mental fitness and unlocking your full potential through the PQ Program