From Self-Sabotage to Self-Mastery: Build Your Mental Fitness in 4 Steps

Radical Simplicity



1. If you're feeling negative emotions, *STOP.*
You're in Saboteur mode.

2. Do some PQ Reps to quiet Saboteurs and activate Sage.

3. Assume the Sage Perspective, that every problem can be converted into a gift & opportunity.

4. Generate the gift by using the Sage powers like empathy, curiosity, creativity, and calm, clear-headed action.

PQ Reps:

Bringing undivided mental attention to a physical sensation

Step 1:
Shift your focus to your body.

Step 2:
Focus on one of your senses for 10 sec

Some ideas →



Tactile:
rub your palms or fingertips together



Auditory:
focus on the furthest and then nearest sound to you



Visual:
focus on the texture and color of an object in view



Breath:
return to your breath

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Saboteur Impact





Pleaser:

Pleasing, flattering, rescuing others, to gain acceptance.



Avoider:

Procrastinate or avoid difficult tasks or conflicts, focus on the pleasant.



Controller:

Anxiety-based need to control situations and bend others to own will.



Stickler:

Need for perfection, order, and organization taken too far.



Hyper-Vigilant:

Vigilance that can never rest, seeing danger in every corner.



Victim:

Focus on painful feelings as way of earning empathy and attention.



Restless:

Never at rest or content with what is, needing perpetual busyness.



Hyper-Achiever:

Dependent on achievement for self-acceptance and self-love.



Hyper-Rational:

Over-reliance on the rational, under-reliance on emotional data.

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Sage Powers	What it is	Questions to Ask
Empathize	Deeply understand people's feelings, needs, and desires, including your own.	*What is the most loving and compassionate thing you can say to yourself or others in this situation?*
Explore	Discover all the important factors contributing to the problem before deciding on solutions.	*Without blame or judgement, what are ALL the relevant factors that might be contributing to this problem?*
Innovate	Generate the best possible solutions.	*What I like about that idea is... And that inspires another idea...*
Navigate	Choose solution that aligns with values, mission, and purpose.	*At the end of your life looking back, what would you consider to be most important in this situation?*
Activate	Take fearless, calm, clear-headed, laser-focused action.	*As you move into action, what would your Saboteurs do to try to sabotage this action? What would your Sage response be?*

Take the next steps flex your mental fitness



Take or share the Saboteur Assessment



Learn more about the Positive Intelligence Program





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