

POSITIVE INTELLIGENCE PROGRAM

Putting you in the driver's seat!

WHAT IS POSITIVE INTELLIGENCE?

Positive Intelligence (PQ®) is your capacity to respond to life's challenges with a positive rather than negative mindset.

PQ® motivates you through positive emotion (empathy, curiosity, creativity, passion, and purpose.)

PQ® strips away the fears, doubts, and obstacles by providing confidence, clarity, and opportunities to explore, navigate, and activate your life.

PQ® generates your highest success and sustained happiness.

HOW IT WORKS

Lasting, positive change requires 80% mental muscle and 20% insight.

Old way: listening, reading, obtaining information
New way: learning, practicing the knowledge, changing neuroplasticity.

Install the PQ® Operating System by instilling the knowledge you gain throughout the seven-week program.

Grow the three core mental muscles by practicing daily.

Apply to life's applications (marriage, career, sports, parenting, relationships, health, well-being.)

WHAT YOU GET ...

The PQ® program includes the following:

- Combination of Positive Psychology, Neuroscience, Cognitive Psychology, and Performance Science
- Proprietary app with access to the PQ® Mental Fitness Gym
- Weekly 1-hour videos recorded by PQ® founder, Dr. Shirzad Chamine
- Complimentary first eight chapters audiobook, Positive Intelligence, read by Dr. Shirzad Chamine
- PQ® Worldwide Community Chat
- Personal Pod if joining with two or more people
- Visuals for PQ® Battery %, PQ® Mental Fitness Level, PQ® Reps
- Tracking of Daily Practice
- Three months free Grow package starting after the end of the seven weeks (additional monthly charge afterwards) or free access to the app for one year.

Grab the keys and lets go!

CONTACT ME AT ML@MICHELLELIVINGSTON.COM OR (586) 350-5382 TO GET STARTED TODAY!
