POSITIVE INTELLIGENCE

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Overview

- Your mind is your best friend, but it is also your worst enemy.
- Positive Intelligence is an indication of how well your mind acts in your best interest.
You can measure your “Positive Intelligence Quotient”, or PQ to get a score.

Expressed as a percentage, ranging from 0 to 100.

Percentage of time your mind is acting as your friend rather than an enemy.

Ex: a PQ of 75 means that your mind is acting as your friend 75 percent of the time and is in self-sabotage mode about 25 percent of the time.

You can find out your PQ at http://positiveintelligence.com/Assessments/
Positive Intelligence: Why?

- Higher PQ leads to higher salary and greater success in work, marriage, health, sociability, friendship, and creativity. (studied over more than 275,000 people)
- Higher-PQ workers take fewer sick days and are less likely to become burned out or quit due to stress.
- Research shows that happy employees have, on an average, 31% higher productivity; their sales are 37% higher; their creativity is three times higher.
- Employees are 40% more likely to receive a promotion, report significantly higher job satisfaction, & feel 10 times more engaged with high PQ.
Research by Shirzad Chamine shows that only 20% of teams and individuals achieve their true potential.

Invisible “Saboteurs” and your inner “Sage” fight for supremacy in your brain. To improve your PQ you need to,

– Weak your saboteurs
– Strengthen sage
– Strengthen PQ brain

How to do this? The 3 simple practices can help you improve your PQ.
Develop New Habits

• Training your brain is same as exercising at the gym
• Recent research reveals that as you develop new habits, you rewire the brain. Positive habits that you can exercise are,

  – Jot down three things you were grateful for.
  – Write a positive message to someone in your social support network.
  – Meditate at your desk for two minutes.
  – Exercise for 10 minutes.
  – Take two minutes to describe in a journal the most meaningful experience of the past 24 hours.
Help Your Co-Workers

• Engage positively with people as strong social support can yield desirable outcomes
• Social support is the greatest predictor of happiness during stress periods
• Also leads to more satisfied customers.
• You can practice simple steps below,
  – Help others
  – Organize your activity
  – Invite co-workers for launch
  – Greet people with a smile and eye contact
Change Relationship With Stress

• Stress is not an obstacle to grow; it can also act as a fuel for success.
• Always take stress as an enhancing factor.
• To nudge your brain as a positive and productive mindset just do a simple exercise,
  – Make a list of stress you are in
  – Place them into 2 groups, one that you can control and one that you can’t control
  – Choose one stress that you can control and come up with simple steps to reduce it
Conclusion

• Always be happy and try to be positive.
• Develop your social interaction
• Help others
• Mediate for at least 10 minutes a day
• Weaken your saboteurs and strengthen sage to improve your PQ.

References:
Harvard Business Review Jan-Feb 2012: Positive Intelligence by Shawn Achor
http://positiveintelligence.com
http://sourcesofinsight.com/positive-intelligence-and-pq/