

# 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.



# Overview

- 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.

# Positive Intelligence: How ?

- 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 tat 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 mind set 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/>