

PROGRAMME



inspiration
inspiration
inspiration
inspiration

Patricia
Sennequier



Mental Fitness

Shirzad Chamine
by Patricia Indo Sennequier
Beautiful Soul



**Visualise your
wiser and elder Self**

**What is
her/his
gift.s?**

**Turn to one of your
neighbors and
share**



Mental Fitness

Definition:

Your capacity to respond to life's challenges with positive rather than negative mindset

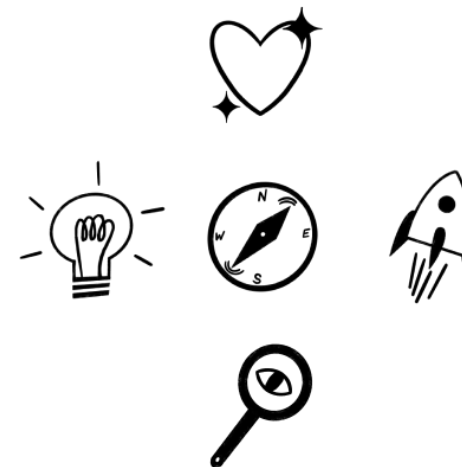
Impact:

- **Peak performance**
- **Peace of mind/wellness**
- **Healthy relationships**



Saboteurs

...fear, stress, anger,
guilt, shame,
insecurity, ...



Sage

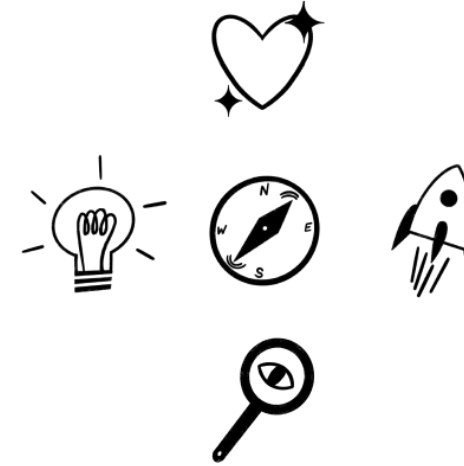
...empathy,
curiosity,
creativity, passion
and purpose.



Saboteurs

**Brainstem
Limbic System
Parts of Left
Brain**

...fear, stress, anger,
guilt, shame,
insecurity, ...



Sage

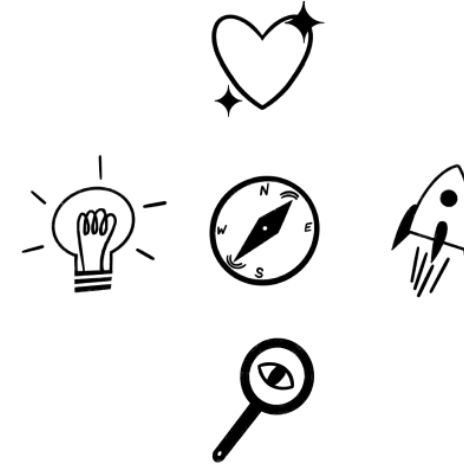
**Middle Prefrontal
Cortex
Empathy Circuitry
Parts of Right
Brain**

...empathy,
curiosity,
creativity, passion
and purpose.



Saboteurs

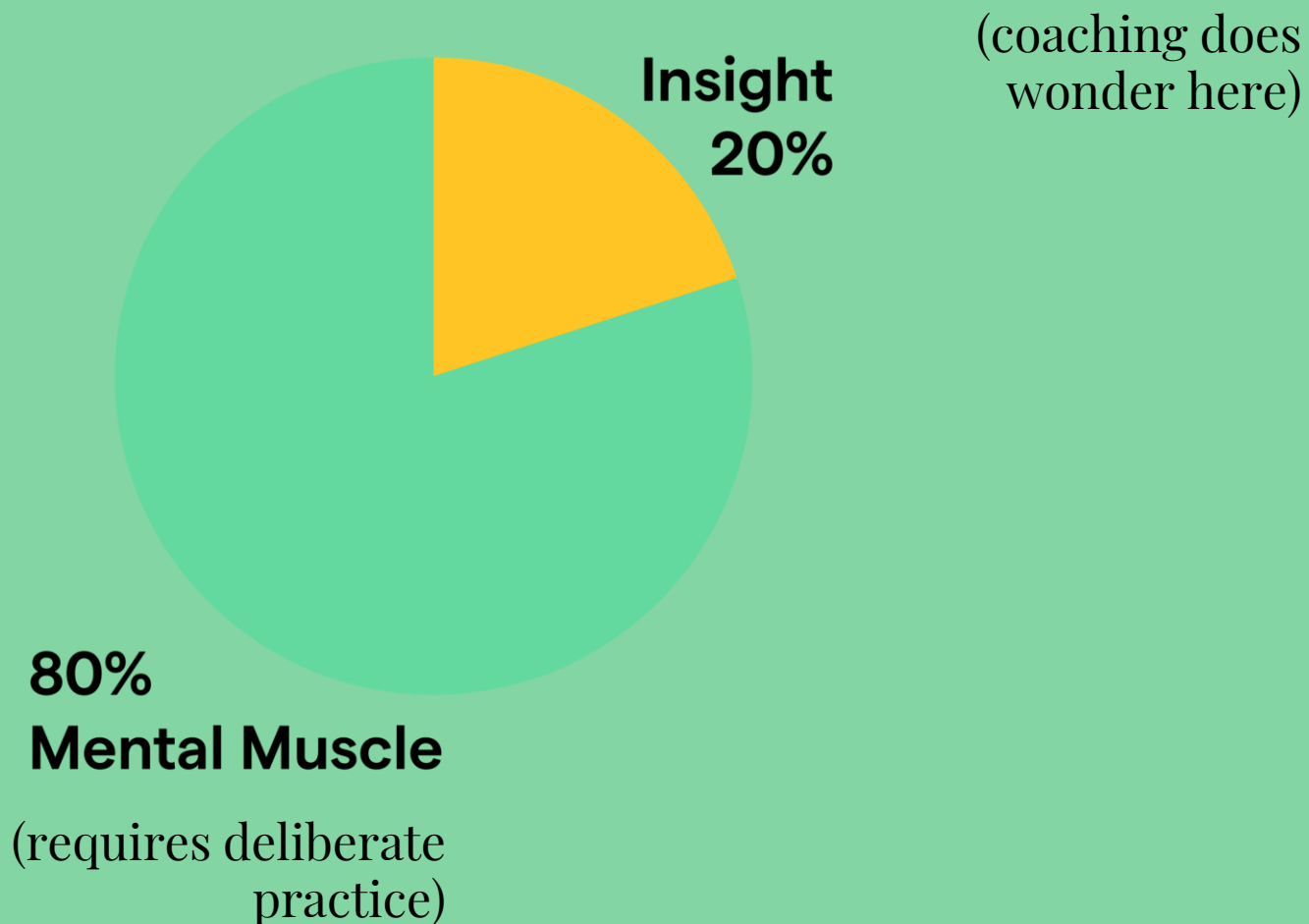
Might generate success but
NOT happiness.



Sage

Generates your highest
success and sustained
happiness.

Lasting positive change requires...





Mental Fitness

**How to grow
the core mental
muscles to thrive
in challenging times?**



3 core muscles to train

- 1. Saboteur Interceptor**
- 2. Self-Command**
- 3. Sage**

Simplicity of the Operating System

- 1.If you're feeling negative emotions STOP.
You're in **Saboteur** mode.
- 2.Reconnect with your body (through your senses) 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.

**DIVE
DEEPER**

▶ info@beautifulsoul.sn