



## Shirzad Chamine : Mental Fitness Through Embodiment Techniques



Shirzad is an Author, Positive Intelligence Coach & Facilitator, with advanced degrees in Neuroscience, psychology, electrical engineering, and an MBA from Stanford.

**TOP EMBODIMENT TIP:** Any time you find yourself in negative emotion bring yourself back to one physical sensation.

### Mental Fitness: What Is It?

- Mental Fitness is about your ability to respond to life's challenges with a positive mindset.
- This has a direct effect on your peak performance level.

### Factor Analysis Research And The Jedi Mind: Embodiment As Control Of The Saboteurs

- Three core muscles: Saboteur, Sage, Self-Command.
- Inside your mind there is a conflict between your inner saboteur and your inner Jedi.
- Saboteurs: 1. Judge, 2. Controller, 3. Hyper Achiever, 4. Restless, 5. Stickler, 6. Pleaser, 7. Hyper Vigilant, 8. Victim, 9. Avoider, 10. Hyper Rational.
- Sage “superpowers”: 1. Emphasize, 2. Explore, 3. Innovate, 4. Navigate, 5. Activate.
- The key to embodiment is to be able to detect when the saboteurs are about to emerge and not let them control you.

### The Neuroscience Behind The Saboteur And The Sage

- Saboteurs might generate success, but never happiness. Sages lead to high success and peak performances.
- Negative emotions can be helpful, yet when unable to properly digest and metabolize them, they can impair the ability to see clearly and be creative.
- From the Sage’s perspective every outcome or circumstance can be turned into a gift and opportunity.

### Self-Command

- **You need to work out your “muscle of self command”.** This technique, called PQ reps, is in the practice.
- Action when saboteurs appear: STOP, do some PQ-reps and return to the sage perspective; generate the opportunity. **Lasting positive change requires 80% mental muscle and 20% Insight.**
- You need to do 15 min per day of practice for 4-6 weeks.

### Resources

- ❖ **Book:** Positive Intelligence
- ❖ **Courses:** [6 Week App-guided Program](#), [Saboteur Assessment](#)
- ❖ **Website:** <https://www.positiveintelligence.com/>



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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.



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