Positive Intelligence

Goal: Utilizing knowledge of positive intelligence to understand group members to get highest possible performance in group assignments.

## Why: Saboteurs are your invisible agents of self-sabotage. They represent your brain’s automatic mental habits with limiting beliefs and assumptions about how to handle life’s challenges. They include the Judge, Controller, Avoider, Victim, Stickler and 5 others.

## Your Saboteurs cause all your stress, unhappiness and negative feelings. You can learn to meet your challenges by activating a different voice and region of your brain that performs far better while producing positive feelings like curiosity, empathy, creativity, and peace, with a laser focus on action.

Expectations:

Step-1: Understand what positive intelligence is by seeing the videos and ted talks.

<https://www.youtube.com/watch?v=ta5IkSsc8qk>

Step-2 Learn about definitions of positive intelligence terms (e.g. sage, saboteurs, ) from the website

<https://www.positiveintelligence.com/>

Step-3:

**Question-1 What is Maslow chart of hierarchy of need? Briefly explain each level of Maslow pyramid and give 1 or 2 example of people (may be imaginary) whose description/ activities correspond to individual levels.**

Question-2: What is sage mode? What are the main signs (nature of a human) that indicates if a person is living in sage mode? Give three examples of people you know live in the sage mode (or sage mentality)

Question-3: How knowing about the “sage mode” can help you make best out of your skills and talents?

Question-4: What is judge mode (or judge mentality)? What is the historical (evolutionary) reason every human has a judge character?

Question-5: How does knowing about “judge mode” can help you when not to judge? Give three situations when you should judge? Give three situations when you should not judge other?

Question-6: What are saboteurs? How many types of saboteurs are there? What is the process of making saboteurs in a human?

Question-7: How to strengthen your “SAGE” brain and weaken your “SABOTEURE”.

Question-8: How does knowing about saboteurs can help you make best of your skills and talent?

Question-9: How does knowing about saboteurs can help you make best out of OTHERs skill and talents?

Question-10: How will you deal with a team member who is living under saboteur effects and not doing his part/section?

Application of Positive Intelligence

Every human has strengths and weakness. Every human also has good and bad traits. You are challenged to apply your knowledge of positive intelligence to find strength(sage traits) and weaknesses (saboteur traits). Most importantly, DO NOT write anybody name. If you have five group members call them A, B,C,D, and E in your analysis.

Question 11: Identify sage characteristics in your teammates. Please give rating on 0 to 9 scale to each member for 1-7 sage traits. 0 mean no trait is there. 9 means trait is very strongly and consistently observable.

|  |  |  |
| --- | --- | --- |
|  | Sage traits (Thriving brain) | Member |
| A | B | C | D | E |
| 1 | See positive message and opportunity in every good or bad news |  |  |  |  |  |
| 2 | Curiosity (want to know more) |  |  |  |  |  |
| 3 | Creativity (coming up with new ideas) |  |  |  |  |  |
| 4 | Resolve (Focus on finding solution not problems) |  |  |  |  |  |
| 5 | Calm (when dealing with other members) |  |  |  |  |  |
| 6 | Joy (Group member is joyful and pleasing to me) |  |  |  |  |  |
| 7 | Peace (member seems satisfied and at peace) |  |  |  |  |  |

Question 12: Identify judge and saboteur characteristics in your teammates. Please give rating on 0 to 9 scale to each member for 1-7 sage traits. 0 mean no trait is there (trait absent). 9 means trait is very strongly and consistently observable.

|  |  |  |
| --- | --- | --- |
|  |  | Member |
|  | Survivor traits | A | B | C | D | E |
| 0 | Judge (judging every thing as good or bad) |  |  |  |  |  |
| 1 | Controller  |  |  |  |  |  |
| 2 | Stickler |  |  |  |  |  |
| 3 | Avoider |  |  |  |  |  |
| 4 | Hyper-achiever  |  |  |  |  |  |
| 5 | Pleaser  |  |  |  |  |  |
| 6 | Victim |  |  |  |  |  |
| 7 | Restless |  |  |  |  |  |
| 8 | Hyper-vigilant |  |  |  |  |  |
| 9 | Hyper-rational |  |  |  |  |  |
|  |  |  |  |  |  |  |