

Simplicity of the Operating System

1. If you're feeling negative emotions STOP. You're in **Saboteur** mode.
2. Do some PQ (Positive Intelligence Quotient) Reps 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.

