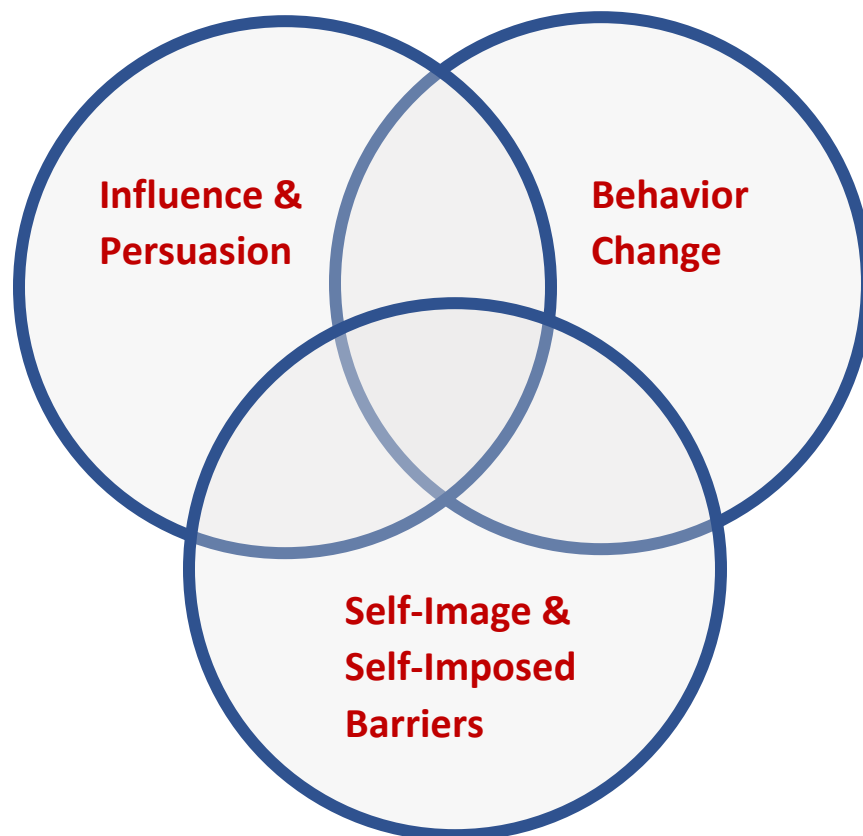


Why This Behavioral Approach Works So Well

The TASKING process uses a variety of behavioral tools that heighten a participant's ability to stretch outside their comfort zone. This enables the achievement of **professional** and **personal** results that can be far beyond an individual's current capability.

Individually and in group sessions, this process can also improve communication and collaboration skills, problem solving, decision-making, consistency and prioritization.

It functions at the intersection of three areas:



This program works so well because it involves behavior change. Some of the most important behavioral tools we use include:

- Addressing both personal and business goals
- Mixing work and play (confuses the mind)
- Embedding a baseline behavior of meeting commitments
- Breaking complex tasks into manageable bite-size pieces
- Delivering small fast wins (body in motion tends to stay in motion; If you want something done, give it to a busy person)

- Establishing an isochronal anchor (weekly trigger point)
- 7-Day Goals
- Spaced Repetition
- Accountability Partners
- 1-31 behavior-change sheet
- Displacing emotional barriers (psycho-cybernetics)
- Establishing a clear plan + accountability

- Deadlines
- Triggers and Anchors
- Habit Patterns
- Managing perception and expectation (verisimilitude)
- Feedback

- Group Dynamic – [when done in groups] includes peer pressure, mentoring and direct collaboration

Remember, it's not what you know, but what you do that makes the difference.