

I. Improve on task behavior

A. Key terminology

1. Embed - "practice makes ... much improvement!"
  - a. our brain responds to repetition (patterns of thought and behavior)
  - b. "feeding" consistent messages helps the brain make decisions AUTOMATICALLY

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2. Inhibit - to restrain or "hold back" on an action
  - a. 'think before you do' becomes habit with intentional pause; "give me a moment ..."

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3. Predictable - anticipated or expected
  - a. known "road blocks" require troubleshooting and specific plan of action  
(\*I've tried that already")

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B. Motivation (Research outcomes in simple terms)

1. Visualize the outcomes from "trading now for later"
  - a. "eat veggies then the cake!" Well managed priorities keep anxiety down and research suggests that the quality of our "free time" improves. No kidding?!
  - b. rest easy when asked, "did you do what I asked you to do?"  
Approach tasks with anticipated positive outcome but remember it's also exercising each of the key terms listed above so...  
it's truly in your brain's best interest! (Otherwise, we teach our brain to respond with less assigned priority - "ahhh, I've got plenty of time. I'll do it when I feel like it.")
2. Hold bias accountable
  - a. When you simply "can't see the point", answer questions related to your choice such as: "I'm making a choice to \_\_\_\_\_ instead of \_\_\_\_\_ because \_\_\_\_\_. I do understand that my choice also means \_\_\_\_\_."
  - b. Ask supportive people to prompt you.
  - c. Modify your environment or routine to minimize temptations.