Shadowmatch®

# Habits-to-Action Report for

## Example Habits-to-Action Report

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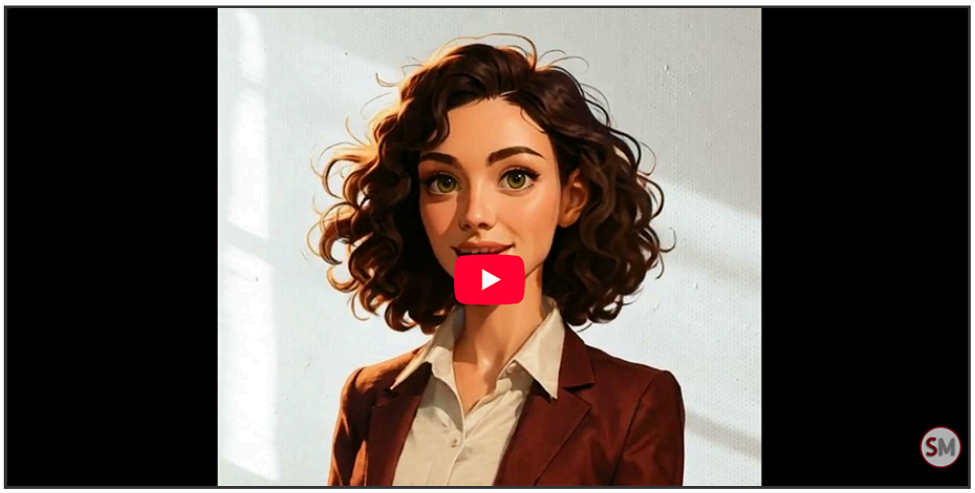
**[CONFIDENTIAL]**

Shadowmatch®

# Engage. Progress. Finish.

## Task Engagement Plan: Your Personal Strategy to Thrive.



## Introduction

Success in any task - career-related, a once-off assignment, or a project - depends on fully engaging with its demands. People approach tasks differently, but energy fades when key behavioral strengths are not applied.

This report highlights the behaviors you should combine for best results and warns of three pitfalls to avoid. It is personalized for you and not intended for others.

## Your Task Engagement Action Plan

### Working with Frustrations

You have a unique habit to turn frustration into fuel. Instead of seeing obstacles as discouragement, view them as opportunities to prove your persistence. Treat the assignment or job you do as a normal life irritation that you will push through with dedication. This habit transforms frustration into a pathway toward achievement.

### Take Control

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### Understand the Content

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### Communicate

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### Stay in the Thick of Things

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## Be Careful...

There are three critical task-related demands you should be aware of as they can cause frustrations when you are deeply engaged in the work that places this demand on you.

In short, don't...

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