

TASK JUMPER™ LOOP DECISION CARD

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Use this before you abandon, replace, or postpone an important task.

THE LOOP

Discomfort creates the urge to jump. The jump creates relief. Relief can feel like progress, even when the mission stops moving.



THE 6-QUESTION CHECK

1. What mission is this task supposed to move?
2. What task am I about to leave, replace, or postpone?
3. Am I switching because the mission requires it - or because this became uncomfortable?
4. Is the current task truly blocked, or am I seeking relief?
5. Does the replacement task advance the same mission?
6. When exactly will I return to the original task?

STRATEGIC JUMP

- ☐ New information changed the priority.
- ☐ The original task is genuinely blocked.
- ☐ The replacement advances the same mission.
- ☐ I have named when I will return or formally replaced it.

AVOIDANCE JUMP

- ☐ The task became uncomfortable or exposed.
- ☐ Fear, doubt, pressure, or relief is driving the switch.
- ☐ The replacement feels productive but does not move the mission.
- ☐ There is no clear return plan.

MY DECISION: ☐ STAY ON TASK ☐ STRATEGIC JUMP ☐ RETURN AT: _____

PRINTABLE POCKET CARDS

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Print, cut, and keep one where important work usually gets abandoned.

CUT ALONG THE DASHED LINES

TASK JUMPER™ LOOP DECISION CARD

Strategic switch or avoidance jump?

● DISCOMFORT — ● JUMP — ● RELIEF — ● LITTLE PROGRESS ● MORE PRESSURE

ASK BEFORE YOU SWITCH

- 1. Is the task blocked - or uncomfortable?
- 2. Does the new task advance the same mission?
- 3. Am I moving the mission - or seeking relief?
- 4. When exactly will I return?

STRATEGIC

Real blocker. Same mission. Return plan.

AVOIDANCE

Relief seeking. Easier work. Mission stalls.

RESET: CATCH IT → CALL IT OUT → REALIGN

TASK 1™: _____

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