

THE ALIGNMENT FILTER™

TASK JUMPER™ SYNDROME ASSESSMENT

A practical self-assessment for identifying when task switching is strategic - and when discomfort is quietly pulling you away from the mission.

THE PATTERN

Abandoning the uncomfortable action that matters and replacing it with easier work that feels productive.



DISCOMFORT

RELIEF

MISSION DRIFT

BILLY-JOE TODD

Transformation Translator | Next Level DNA

BEFORE YOU SCORE YOURSELF

PAGE 02

This tool measures a behavioural pattern, not your worth.

HOW TO USE THIS ASSESSMENT

Answer from your recent behaviour - not from the person you intend to be.

Think about the last 30 days. Choose the answer that best reflects what you actually did when an important task became uncomfortable, uncertain, exposed, or demanding.

RATING SCALE

0

Never

This is not a current pattern.

1

Sometimes

It appears, but does not regularly control the day.

2

Often

It repeatedly interrupts important execution.

3

Almost always

It is a strong default response under discomfort.

STRATEGIC JUMP

A deliberate task change because new information, a real blocker, or the mission itself requires it.

AVOIDANCE JUMP

A task change that creates relief but leaves the important mission stalled or abandoned.

IMPORTANT

TASK JUMPER™ Syndrome is a branded behavioural framework, not a medical or psychological diagnosis. Use the result as a mirror and a decision tool.

TASK JUMPER™ PATTERN SCAN

PAGE 03

Circle one score for each statement: 0 Never | 1 Sometimes | 2 Often | 3 Almost always

Score the behaviour, not the intention.

The most useful answer is the honest one.

	STATEMENT	0	1	2	3
01	I move to another task when the current one becomes uncomfortable.	☐ 0	☐ 1	☐ 2	☐ 3
02	I choose smaller or easier work so I can still feel productive.	☐ 0	☐ 1	☐ 2	☐ 3
03	I start new ideas before finishing the action most likely to create the result.	☐ 0	☐ 1	☐ 2	☐ 3
04	I feel immediate relief when I switch away from an exposed or difficult task.	☐ 0	☐ 1	☐ 2	☐ 3
05	I tell myself I work better with variety when I may actually be avoiding discomfort.	☐ 0	☐ 1	☐ 2	☐ 3
06	I change priorities without deciding when - or whether - I will return.	☐ 0	☐ 1	☐ 2	☐ 3
07	I confuse motion, planning, or organizing with meaningful progress.	☐ 0	☐ 1	☐ 2	☐ 3
08	I research, redesign, reorganize, or prepare instead of executing the decisive action.	☐ 0	☐ 1	☐ 2	☐ 3
09	I wait for more confidence before completing something I already know how to do.	☐ 0	☐ 1	☐ 2	☐ 3

PAGE SUBTOTAL

TASK JUMPER™ PATTERN SCAN

PAGE 04

Circle one score for each statement: 0 Never | 1 Sometimes | 2 Often | 3 Almost always

Score the behaviour, not the intention.

The most useful answer is the honest one.

	STATEMENT	0	1	2	3
10	I create extra tasks when one important task feels risky, visible, or emotionally loaded.	☐ 0	☐ 1	☐ 2	☐ 3
11	I switch when fear of judgment, rejection, failure, or success appears.	☐ 0	☐ 1	☐ 2	☐ 3
12	I reopen decisions I already made instead of executing them.	☐ 0	☐ 1	☐ 2	☐ 3
13	I abandon tasks when they are close to completion or ready to be seen.	☐ 0	☐ 1	☐ 2	☐ 3
14	I let someone else's urgency replace the mission I had already chosen.	☐ 0	☐ 1	☐ 2	☐ 3
15	I struggle to name the single task that would advance the goal most.	☐ 0	☐ 1	☐ 2	☐ 3
16	I finish the day feeling busy while the key mission remains unmoved.	☐ 0	☐ 1	☐ 2	☐ 3
17	After a necessary task switch, I rarely schedule or define the return.	☐ 0	☐ 1	☐ 2	☐ 3
18	The unfinished task creates more pressure, which makes me want to jump again.	☐ 0	☐ 1	☐ 2	☐ 3

PAGE SUBTOTAL

YOUR TASK JUMPER™ PROFILE

PAGE 05

Total the two assessment pages and identify the current pattern.

SCORE YOUR RESULT

PAGE 03

Subtotal: _____

PAGE 04

Subtotal: _____

TOTAL SCORE

_____ / 54

0-13

STRATEGIC MOVER

Task switching is usually deliberate. Protect the habit by recording why you switch and when you will return.

14-26

OCCASIONAL JUMPER

The pattern appears under stress or uncertainty. Catch the relief-seeking moment before it becomes the default.

27-40

ACTIVE TASK JUMPER™ PATTERN

Busy work is regularly replacing the decisive task. Reduce options, name the mission, and return Present You to TASK 1™.

41-54

MISSION DRIFT LOOP

The relief-pressure-jump cycle is controlling execution. Use a written mission, a non-negotiable return plan, and direct accountability.

YOUR RESULT IS A STARTING POINT

Do not use the score to judge yourself. Use it to identify the exact moment where you need to Catch It, Call It Out, and Realign.

TRIGGER MAP

What most often makes you leave the task that matters?

Check every trigger that has appeared recently. Then circle the three strongest.

- | | |
|---|---|
| ☐ Boredom | ☐ Conflict or difficult conversation |
| ☐ Uncertainty | ☐ Lack of clarity |
| ☐ Fear of judgment | ☐ Physical fatigue |
| ☐ Fear of rejection | ☐ Waiting on someone |
| ☐ Fear of failure | ☐ The task feels too large |
| ☐ Fear of success | ☐ A new idea feels more exciting |
| ☐ Perfectionism | ☐ Genuine new information |
| ☐ Pressure from others | ☐ A real blocker changed the mission |

The task I usually jump away from:

What I usually jump to instead:

The immediate relief I receive:

The long-term cost to the mission:

STRATEGIC JUMP OR AVOIDANCE JUMP?

PAGE 07

Use this test before you change tasks.

THE SIX-QUESTION CHECK

Answer YES or NO before leaving the current task.

1

Did genuinely new information change the priority?

YES ☐ NO ☐

2

Is the original task truly blocked right now?

YES ☐ NO ☐

3

Will the replacement task advance the same mission?

YES ☐ NO ☐

4

Have I recorded when I will return - or formally replaced the original task?

YES ☐ NO ☐

5

Would I still switch if the current task felt easy and comfortable?

YES ☐ NO ☐

6

Am I primarily looking for relief from fear, doubt, pressure, exposure, or discomfort?

YES ☐ NO ☐

LIKELY STRATEGIC

Questions 1-4 are mostly YES, and questions 5-6 are NO. The switch protects or advances the mission.

LIKELY AVOIDANCE

Questions 5-6 are YES, or the replacement does not move the same mission. Pause before jumping.

THE DECIDING QUESTION: Does this jump still move me toward the goal?

RETURN PRESENT YOU TO THE MISSION

PAGE 08

Turn the assessment into one aligned action.

TASK 1™ RESET PLAN

Do not rebuild your whole life. Re-enter the mission.

The mission that matters right now:

The important task I have been avoiding or abandoning:

What is driving the urge to jump?

Fear, doubt, pressure, boredom, exposure, uncertainty, or something else?

What does Past You provide?

A lesson, warning, evidence, or experience - not an order.

What does Future You need protected?

The objective, destination, relationship, health, purpose, or result.

What must Present You execute?

One action, one conversation, one decision, or one completed task.

MY TASK 1™

The next aligned action I will complete within 24 hours is:

Completion time: _____

Accountability person: _____

When the urge to jump appears, I will: _____

Signature: _____

Date: _____