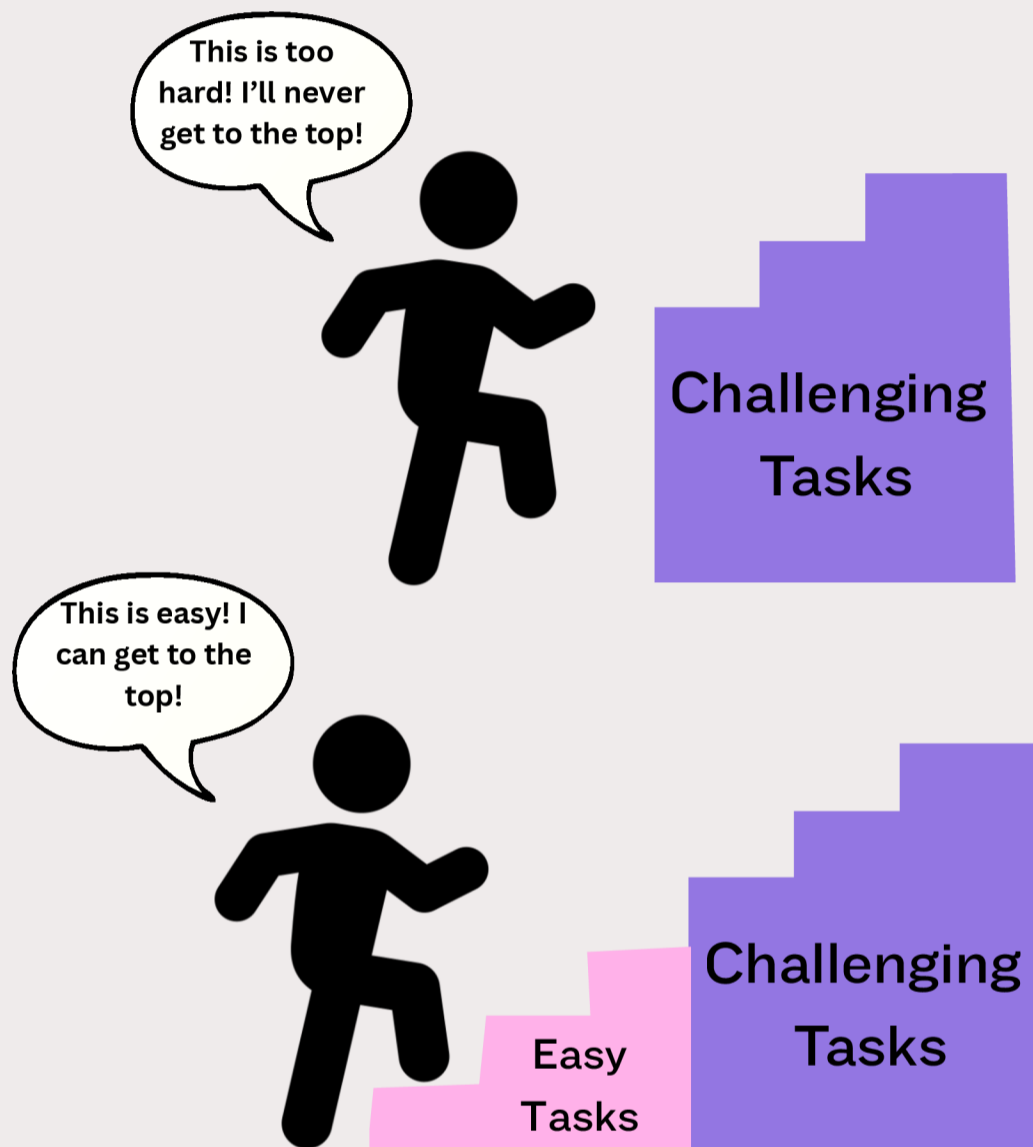


# Behavioral Momentum

Behavioral momentum is like warming up before a workout. You start with easy tasks the client is likely to do (low effort, high success), so they're more likely to keep going and complete the harder task that comes next.



## Selection of easy tasks

Select 2–3 known/easy tasks the client usually completes

## Provide reinforcement!

Deliver clear, quick praise/reinforcement for easy tasks as well as challenging tasks

## Fast-paced

Present the harder task immediately after the easy ones