

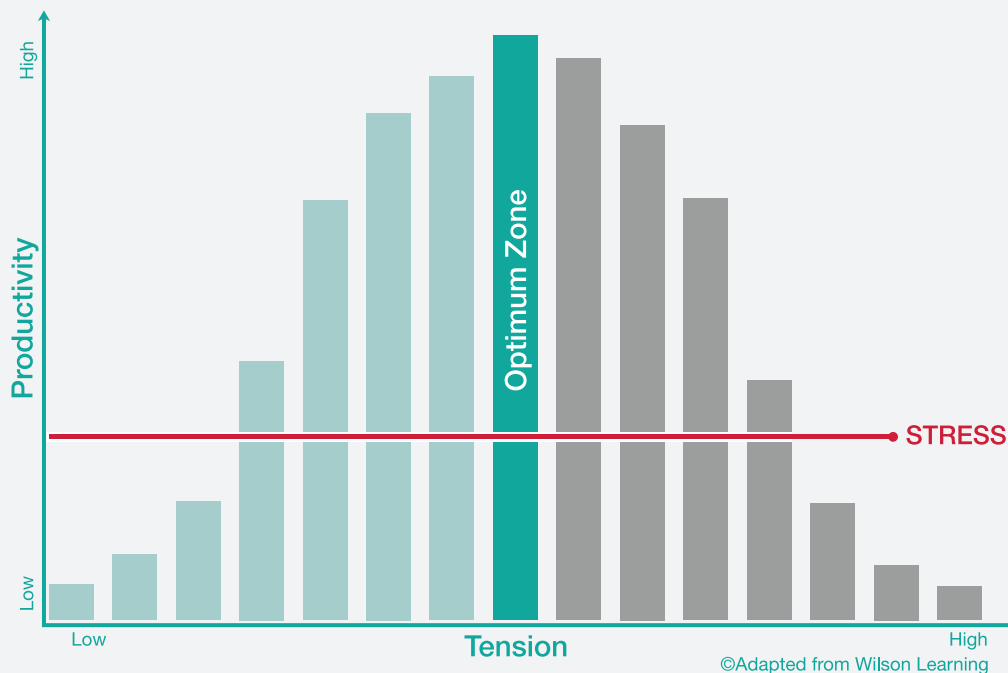
Moving Yourself & Others Forward

BREAKTHRU BRANDING™



The Tension Productivity Model is handy tool when trying to move yourself and others forward. It is good to be reminded that having the right amount of tension is a GOOD thing. Much like a rubber band, the tension between where we are and where we want to go can drive momentum.

>> Tension Productivity Curve



I. Leading Myself

- ⊕ Where do I fall naturally on the tension productivity curve above?
- ⊕ Describe the circumstances when I do my best work?
- ⊕ What do I need to do to **DECREASE** or **INCREASE** the tension so I am in the optimum zone?
- ⊕ What are the signs that I have shifted from tension to **STRESS**?

II. Leading Others

- ⊕ Where do I believe my team or _____ is on the productivity curve naturally?
- ⊕ Does the tension need to be **INCREASED** or **DECREASED** for optimum productivity?
- ⊕ What is within my power to do to inspire a shift towards the optimum zone?
- ⊕ What are the signs that my team or _____ has shifted from tension to **STRESS**?