



Q&A Optimizing Take Back Your Life: Breaking Old Habits With Adam Reynolds and Jennifer Wilmoth

Q. What inspired you to create Optimizing Take Back Your Life: Breaking Old Habits?

JW. Executives requesting 1:1 support after taking Take Back Your Life. We started to notice common themes in their challenges and so we created this course as a group solution to address them!

Q. In what ways does the Optimizing Take Back Your Life: Breaking Old Habits content help participants to Optimize the original Take Back Your Life program?

AR. It focuses on two items: 4 key productivity content areas from Take Back Your Life that make the biggest difference in people's lives and mindsets that hinder people's successful adoption of our proven productivity methods.

Q. You've done pilots of this program prior to launching it, what has the feedback been like?

AR. It has been very positive. Participants are hungry to shift out of their bad habits and they have been willing to meet them head on.

Q. What's your favorite part of the session?

AR. Discussing the value of creating healthy boundaries with the use of the calendar. Time is so valuable these days and most people are finding that there is a shortage of it. This scarcity mindset hinders effectiveness on many levels.

Q. Any challenges while designing it? How did you solve them?

AR. There are always challenges with designing a new seminar. The main one was to keep the seminar focused. Productivity and old habits is a big topic, with many useful conversations that could be had. We had to drill down the seminar into something we thought would be the most beneficial and effective.

Q. What was the hardest "Old Habit" for you to overcome when you learned the Take Back Your Life content long ago?

AR. Working from my calendar vs. a to-do list. To-do lists are often taught to us at a young age and our calendars are predetermined by our parents, school schedules, and extracurricular activities. Free time was filled with whatever else we wanted to do. The rest was planned for us, we just had to show up. Learning to be highly strategic with time took a lot of practice and the habit of allowing others to dictate what I was going to do had to be broken.

Q. Any favorite success stories from the course?

AR. There are many Ah-Ha! moments in the seminar. Suddenly a participant will discover the hidden mindset that was driving an unwanted behavior. In that moment, the new mindset being offered makes sense in a very powerful way. When that happens, I know a significant change in their thinking has just occurred and that the result will be a more effective approach in the coming days/weeks/months.