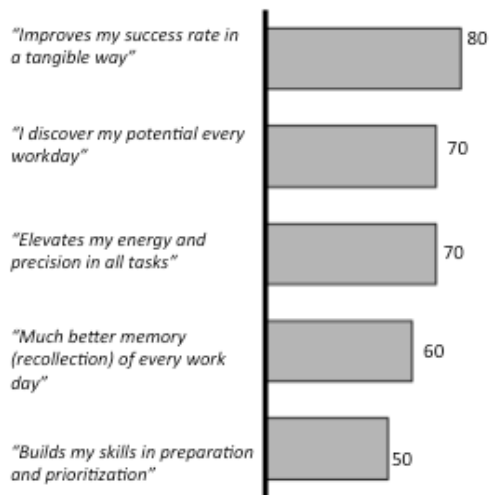




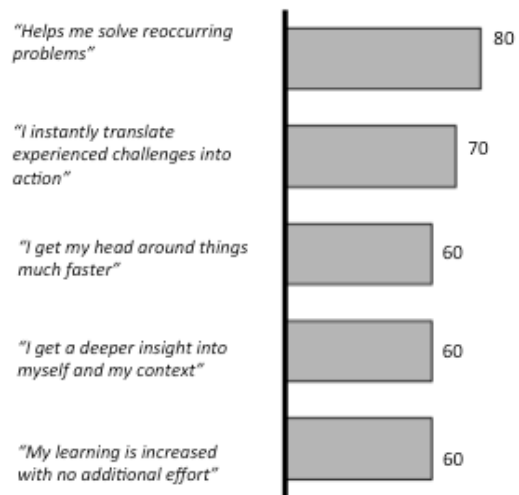
The experienced value and benefits of the Accelerated development methodology

The method for accelerated development have been tested by approximately 150 people (100 leaders in business and 50 elite athletes) and the results are very positive and common across the test group:

1. Plan a daily target (task)
Reported value (percent)



2. Daily evaluation of target (task)
Reported value (percent)



The average time investement to do this per test person is 15-20 minutes per day. By all accounts this must be viewed as a very smart investment.