

# THE Myth OF Multitasking

## EXERCISE

( Are you being productive ... or are you switchtasking? The following exercise will help you quickly understand the negative impact on efficiency caused by switchtasking. )

<b>Switchtasking is a thief</b>	
<b>S</b>	
<b>i</b>	
<b>S</b>	
<b>i</b>	