

3X5 GOALS CHALLENGE

EXERCISE #1

Start a timer and write out the following sentence twice, as fast as you can. Record your time in the space to the right:

MULTITASKING DOES NOT WORK

#1 →

#2 →

TIME:

EXERCISE #2

Again record your time and write out the same sentence again twice. This time alternate letters. For example, write M on line one and M on line two. U on line one and U on line 2, etc. Record your time in the space to the right:

#1

#2

TIME:

Compare the two times and ask yourself: is it more effective to focus on one thing at a time?