

# Multi-Tasking Myth Busting Worksheet

GET A STOPWATCH AND TAKE THE CHALLENGE

## Multi-Tasking Three Different Tasks at the Same Time

|                  | 1-10  | I-X   | A-J   |
|------------------|-------|-------|-------|
| 1 <sup>st</sup>  | _____ | _____ | _____ |
| 2 <sup>nd</sup>  | _____ | _____ | _____ |
| 3 <sup>rd</sup>  | _____ | _____ | _____ |
| 4 <sup>th</sup>  | _____ | _____ | _____ |
| 5 <sup>th</sup>  | _____ | _____ | _____ |
| 6 <sup>th</sup>  | _____ | _____ | _____ |
| 7 <sup>th</sup>  | _____ | _____ | _____ |
| 8 <sup>th</sup>  | _____ | _____ | _____ |
| 9 <sup>th</sup>  | _____ | _____ | _____ |
| 10 <sup>th</sup> | _____ | _____ | _____ |

TIME: \_\_\_\_\_

## Focusing on One Task at a Time

| 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> |
|-----------------|-----------------|-----------------|
| 1-10            | I-X             | A-J             |
| _____           | _____           | _____           |
| _____           | _____           | _____           |
| _____           | _____           | _____           |
| _____           | _____           | _____           |
| _____           | _____           | _____           |
| _____           | _____           | _____           |
| _____           | _____           | _____           |
| _____           | _____           | _____           |
| _____           | _____           | _____           |

TIME: \_\_\_\_\_