

SWITCHTASKING

28%

SWITCHING COST:

TRUTH: ESTIMATED PERSONAL LOSS DUE TO SWITCHES

(28% × _____/week × _____/hour)

\$ _____/Week

TRUTH: ESTIMATED LABOR COSTS LOSS DUE TO SWITCHES (ROUGH):

TRUTH: EXERCISE (NEXT PAGE) AND THE THREE COSTS OF SWITCHING

1. _____
2. _____
3. _____

TRUTH: COMMON TYPES OF SWITCHTASKING IN MY WORK INCLUDE:

TRUTH: COMMON WAYS I PERSONALLY SWITCHTASK INCLUDE:

SWITCHTASKING: TRUTH EXERCISE

Multitasking is worse than a lie				
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SWITCHBUSTERS

SWITCHBUSTER	
NOTES	

SWITCHBUSTER	
NOTES	

SWITCHBUSTER	
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SWITCHBUSTER	
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SWITCHBUSTER	
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