

The Multitasking Myth

Why doing two things at once means you are really doing neither, and how to get into flow instead.

Multitasking feels productive, but the research says otherwise. In this episode, Theresa breaks down why what we call multitasking is really just activity switching, and why that switching quietly costs us time, focus, and peace of mind. Use this guide to identify where task switching is showing up in your own work, and to build the conditions for real, focused flow.

SIGNS YOU MIGHT BE TASK SWITCHING INSTEAD OF FOCUSING

- You start a lot of projects but rarely finish them in one sitting
- Tasks consistently take longer than you expect
- You end the day busy but without much to show for it
- You feel more anxious, scattered, or burned out than usual

REFLECTION QUESTIONS

1. Where in your week are you switching between tasks instead of focusing on one at a time?

2. Think of a time you experienced flow, fully locked into a task with time seeming to disappear. What made that possible?

3. What is one task this week that is challenging enough to engage you, but not so hard it overwhelms you?

4. What clear goal or finish line would help you know that task is truly done?

5. What distractions do you need to remove to protect fifteen to twenty minutes of uninterrupted time? What is your plan to build that bunker this week?
