

LEARN HOW TO MULTITASK BETTER



- When your body is busy, your mind is ready.
- Feed your mind:
 - Podcasts/Personal Development
 - Educate Yourself/Become more Effective
 - Less Stress
- Multitasking is a myth! You can really only focus on one thing at a time.
- Combine a Mindful Activity with a Mindless Activity.
- Always be learning/Always be listening.

-GIVE YOURSELF A COMPETITIVE EDGE!



facebook.com/HollyHierman



youtube.com/HollyHierman