

Stop Welcoming the Distractions

Single vs. Multitasking Worksheet



**FIRM
FOCUS**
Professional Legal Consulting

I AM FULLY FOCUSED!

15 Seconds

Quality: _____ (1-10) Stress: _____ (1-10)

I AM FULLY FOCUSED!

15 Seconds

Quality: _____ (1-10) Stress: _____ (1-10)



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