

Twenty23

Multitasking

A 2-minute exercise

Multitasking vs. Monotasking

Grab a pen and paper, and follow along to measure how different approaches can boost your productivity.

Step 1 of 2

Set your stopwatch and complete the following pattern **left to right** until you reach the 10th roman numeral.

Record your time.

ABCs

Numbers

**Roman
Numerals**

A

1

I

B

2

II

C

3

...

Step 2 of 2

Set your stopwatch and complete the following pattern **top to bottom,** in each column until you reach the 10th roman numeral.

Record your time.

Roman Numerals		
ABCs	Numbers	
A	1	
B	2	
C	...	
D		
E		
F		
G		
H		
I		
J		
		Twenty23

Which time was faster?

This exercise highlights the benefit of focusing on one task instead of hopping between many.

Share your results in the comments.

Twenty23

Click Follow and the 🛎️ to
receive daily perspective on



- Behavioral Finance
- Mindset
- Investing