

MULTITASKING





In 2009, Clifford Nass from Stanford University conducted a study...



...and discovered human beings
are TERRIBLE at multitasking.



Compared to people who
focus on a singular task...

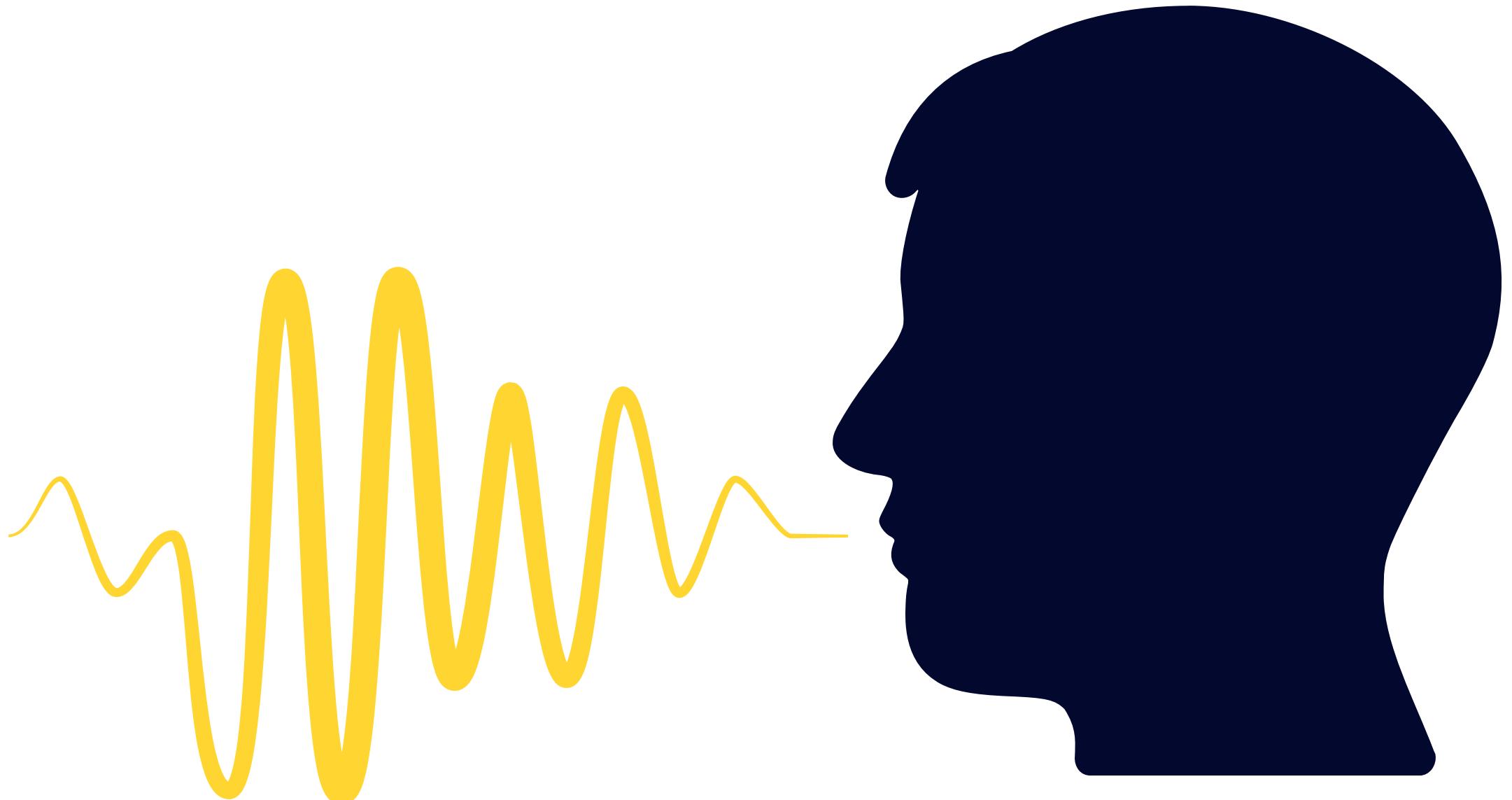


Multitaskers were
outperformed on every level.



Multitasking Examples

A	B	C	D	E
1 INVESTMENTS				
2 Brokerage	\$503.85			
3 ROTH IRA: J\$	\$56,842.45			
4 ROTH IRA: Mrs J\$	\$26,617.10			
5 SEP IRA	\$331,094.63			
6	\$415,058.03			
7				
8				
9 withdrawal rate:	4.00%		36	\$462,302.67
10 retire now (yearly):	\$16,602.32		37	\$513,326.89
11 retire now (monthly):	\$1,383.53		38	\$568,433.04
12			39	\$627,947.68
13 age now:	35		40	\$692,223.49
14 age when hit E.R.:	54		41	\$761,641.37
15			42	\$836,612.68
16 EXPENSES (currently)			43	\$917,581.70
17 yearly:	\$90,000.00		44	\$1,005,028.23
18 monthly:	\$7,500.00		45	\$1,099,470.49
19			46	\$1,201,468.13
20 needed to retire early:	\$2,250,000.00		47	\$1,311,625.58
21			48	\$1,430,595.63
22			49	\$1,559,083.28
23			50	\$1,697,849.94
24			51	\$1,847,717.94
25			52	\$2,009,575.37
26			53	\$2,184,381.40
			54	\$2,373,171.92
			55	\$2,577,065.67



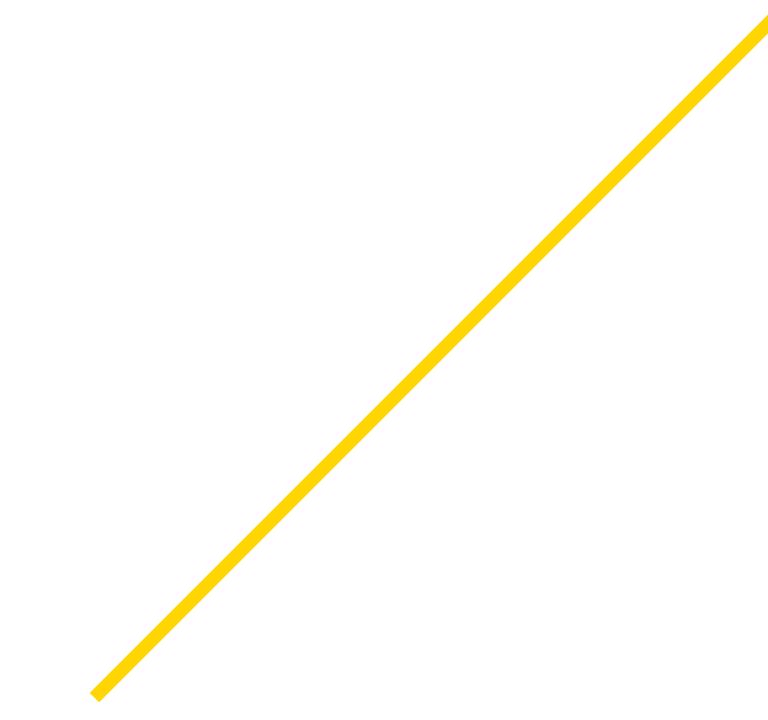
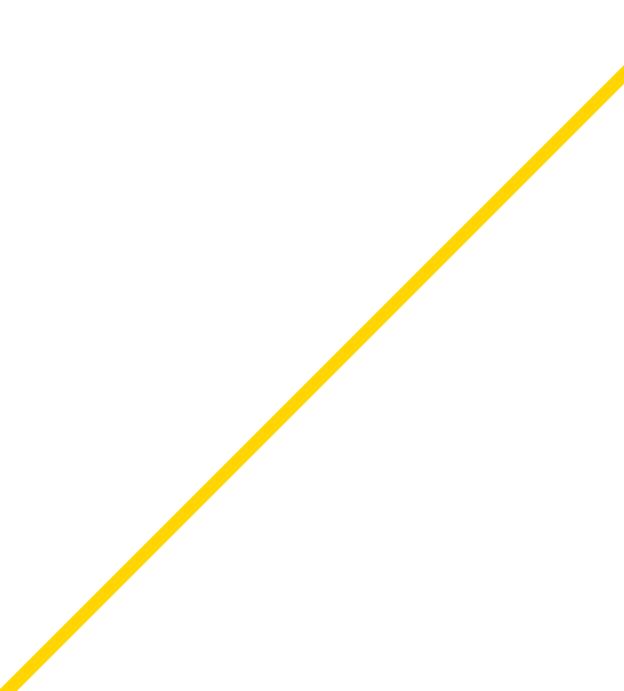
The cost of switching tasks
ranges between 35% to 100%

Multitasking



Podcast

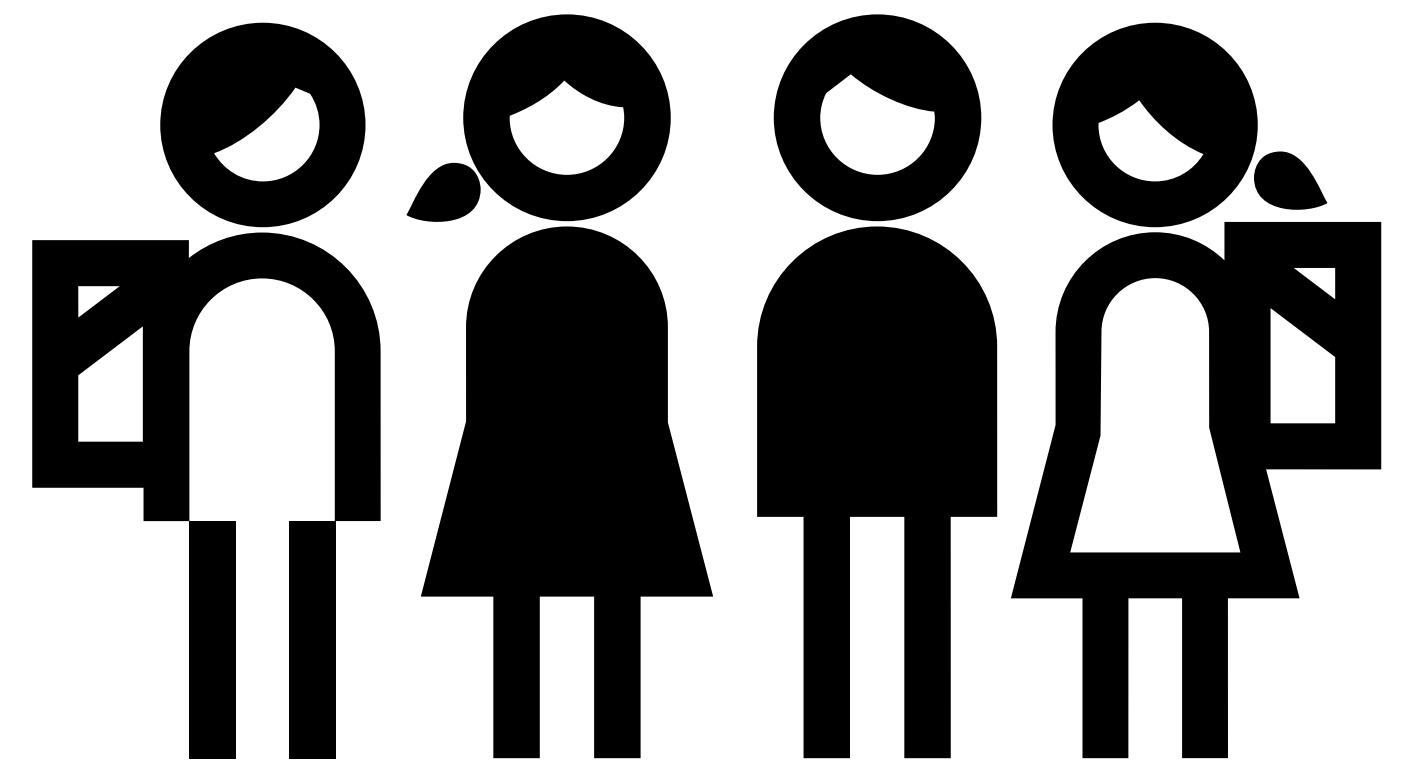
MANAGING YOUR ENERGY



USC Marshall

School of Business

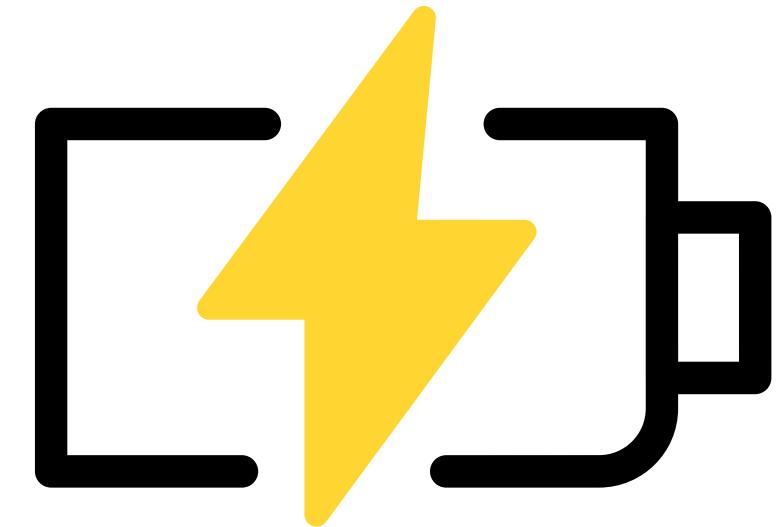
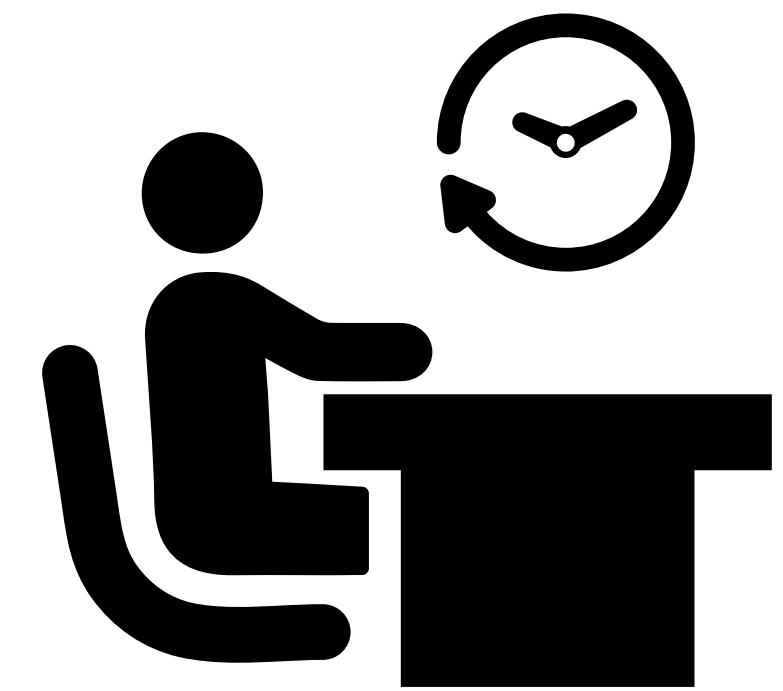
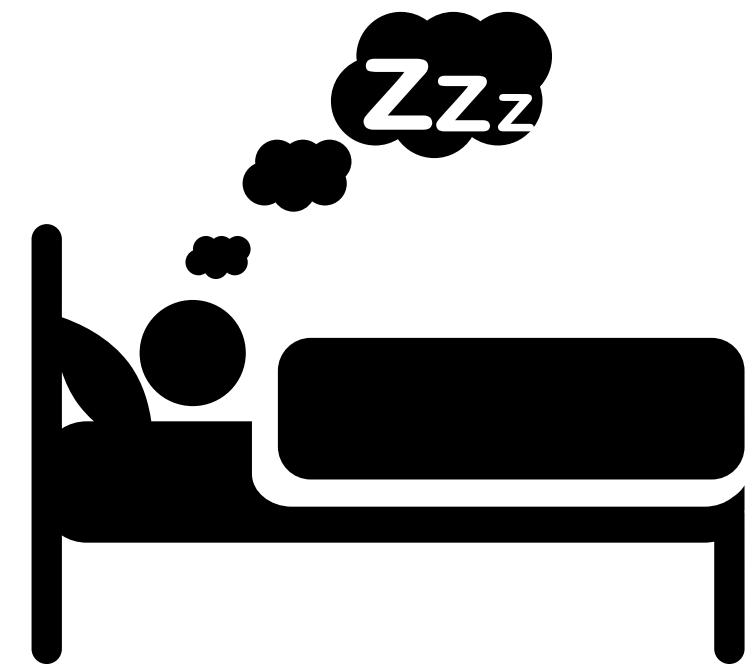
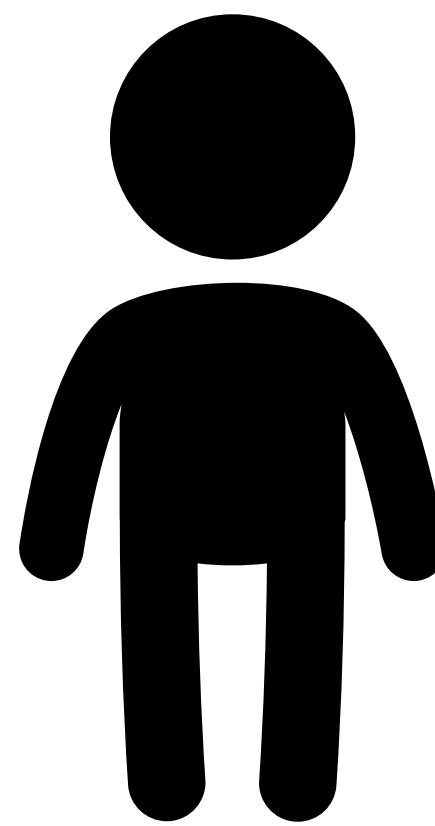




Leavey Library aka Club Leavey



Recharging My Batteries



Managing Your Energy



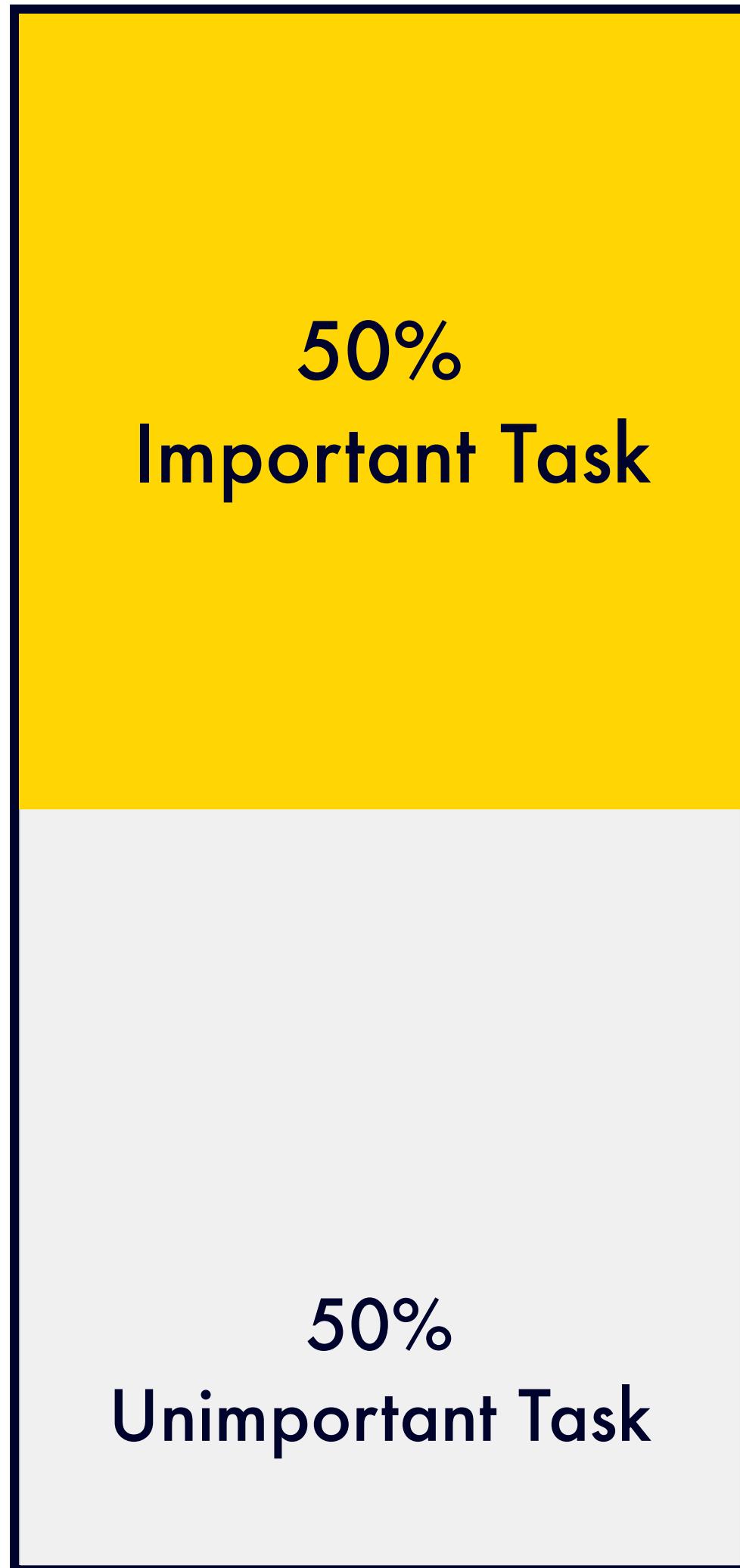
- Think of your personal **energy** like a battery
- The more you use it throughout the day, the more it depletes

Managing Your Energy



- **Recommendation:** focus on the most difficult task first

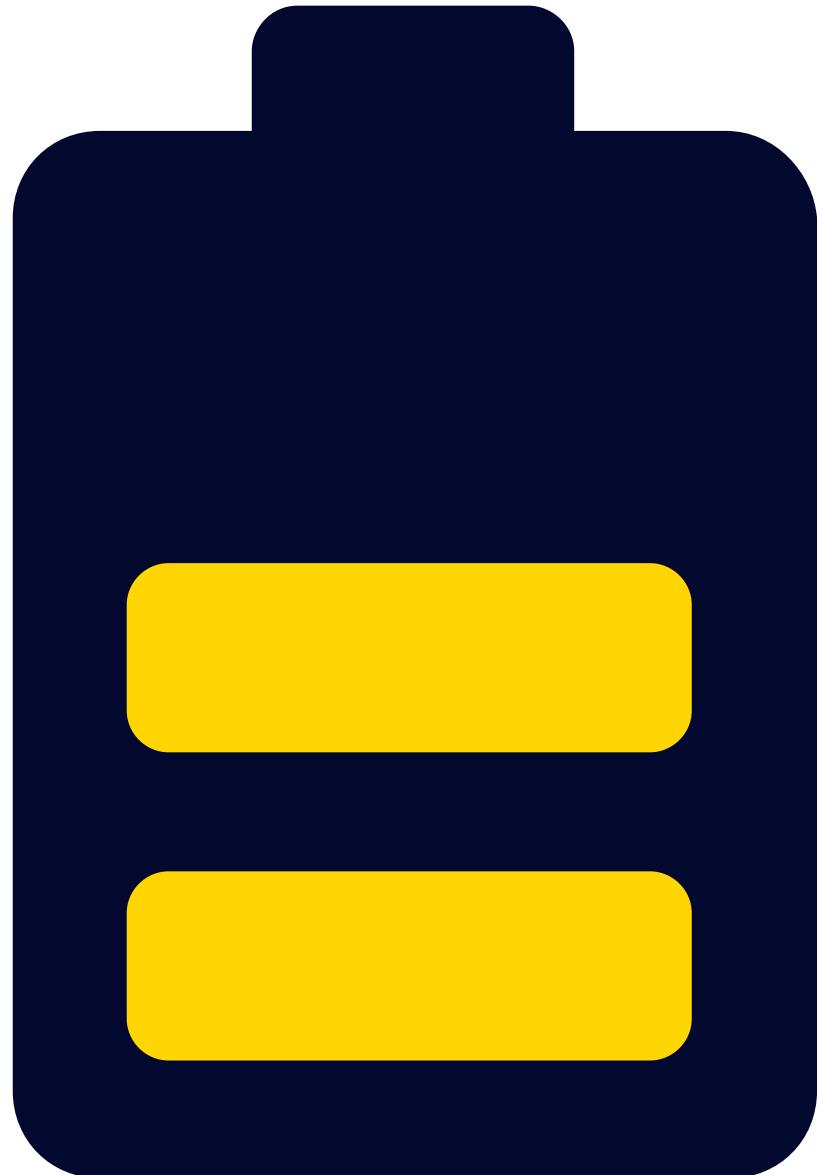
Your New Productive Day



- 1) Schedule a minimum of 4 hours per day on your **MAIN PRIORITY**
- 2) Schedule this time block at the beginning of the work day

Renewable Energy

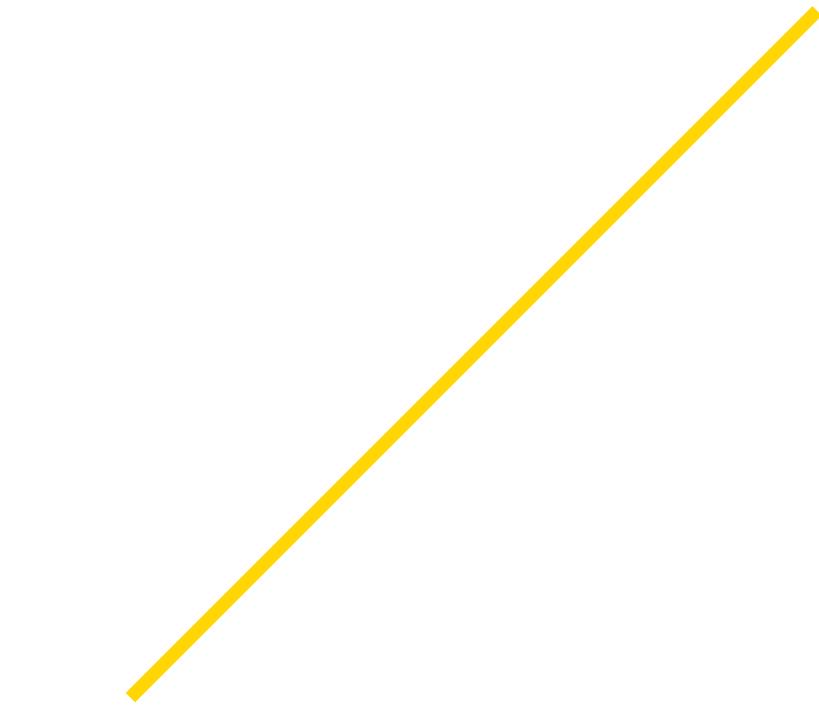
• Activities that Drain Your Energy Quickly



- Building new habits
- Doing things you dislike
- Hiding your Emotions
- Trying to impress others
- Taking tests

Protect your TIME & ENERGY
at all costs.

DANGERS OF SAYING “YES”



**“Can you help me with me
with my English homework.”**



I'm thinking to myself, "Well he's a nice guy, maybe I should help him."



But then I realize that I have a
DREAM I'm trying to make reality.



If you were Oprah, what would
you do?

Imagine if your ambitions are to
make a difference in this world.

**Helping an acquaintance with their English
homework isn't going to be a priority.**

So you have to learn to say “No”.

**Would this person ask Oprah to
help with their English homework?**

No way!

Your time is valuable too, so it's
okay to say, "No".

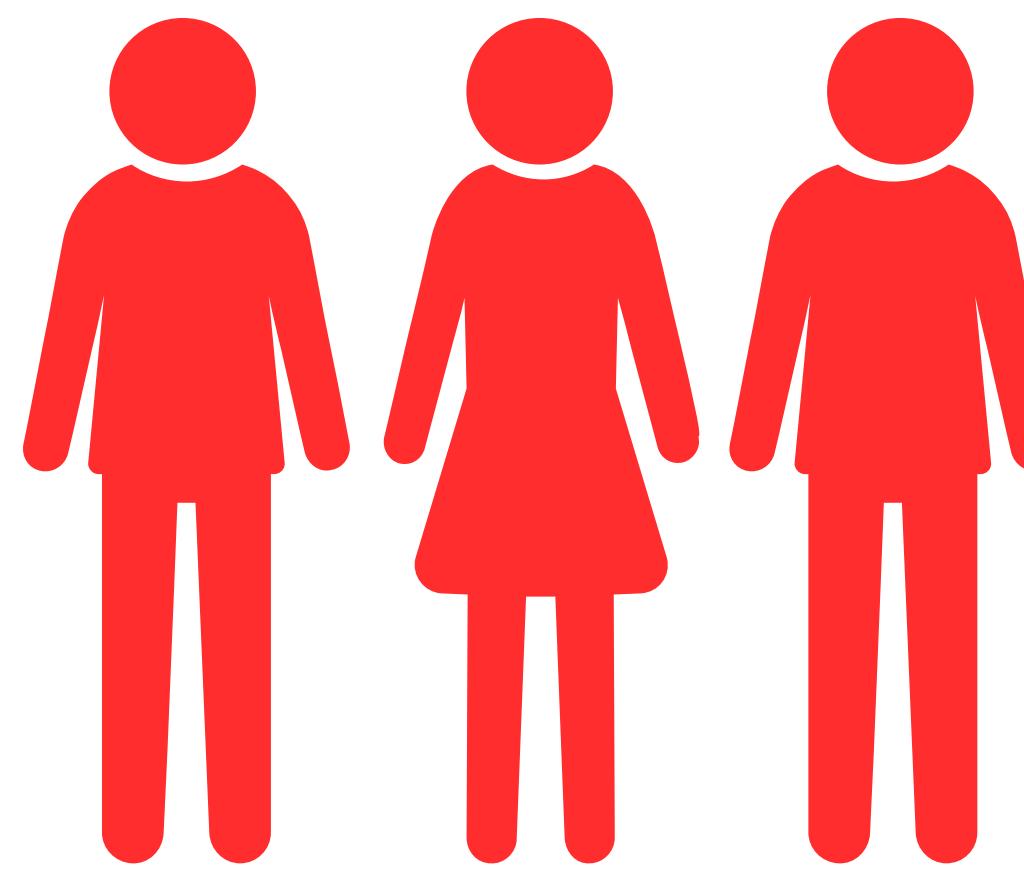
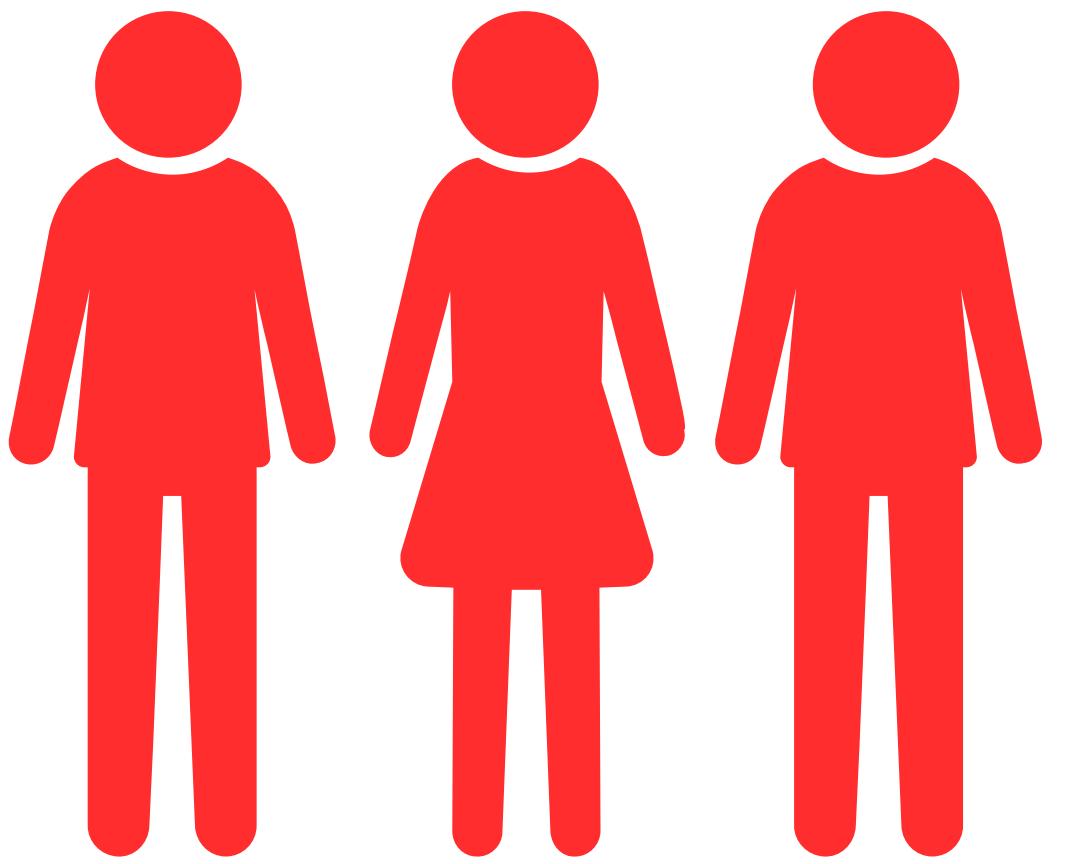
How To Say “No”

“Patrick, can you help me with sales training?”

- Redirect their request to another person who may be able to help them.
- Ask them a question that will inspire them to solve the problem themselves.
- Make a suggestion that does not require you to help at all.



THE PEOPLE AROUND YOU



USC

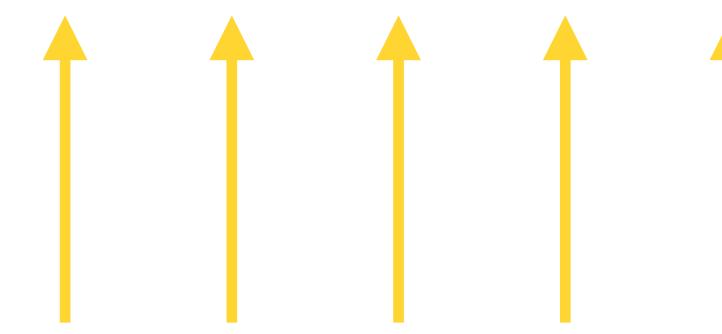
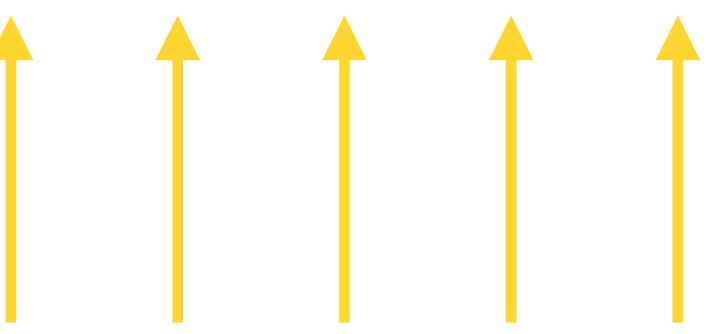


SILICON VALLEY



SILICON VALLEY

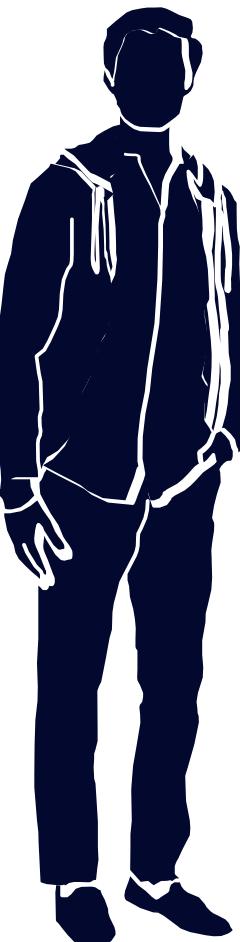




There's no such thing as a
perfect environment.



Find the right people that align with your priorities.



Who you surround yourself with may
change throughout your lifetime.



Be grateful for who
you've known in the past.



Be thankful for who you
experience life with now.



Be optimistic for who you'll
meet in the future.

