

Old belief: Multitasking equals productivity





Realization: Distraction is a sign of avoidance or overwhelm 🛕





New mindset: Focused effort creates real progress 💡



Powered by TechVoyageHub™ Practa-Thon™



How to embody it: Set clear priorities and eliminate distractions 🧘





Next step: Commit to one task at a time for transformation 🚀

Powered by TechVoyageHub™ Practa-Thon™