

Single Tasking, the Paleo Diet for your Brain

While doing my research for this article/blog I realized the mobile technology revolution has completely wrecked the Single Tasking from many of our pre-Palm and pre-Blackberry days. I am not advocating going back to that time but rather adjusting our life and more importantly our brain. In case you been living under a rock the Paleo Diet is what cavemen ate from 2.5 million to 10,000 years ago. Whatever they could hunt and gather, no dairy, legumes and grains.

Before I get into Single Tasking here are a few facts from people much smarter than me, don't believe me Google it and if it's on the internet it has to be true! Multitasking decreases your productivity by 40%, lowers your IQ by 17% and shrinks your brain by reducing density in area of your brain that controls cognitive and emotional control. Please reread this section and think about yourself, I did while writing this!

Okay let's discuss how we can keep our brain from shrinking, be dumber and raise our productivity. I personally practice Single Tasking in spurts and will share in my next article/blog.

Accept the fact Multitasking is a bad thing and decide it's time to take your life back.

Train yourself one task at a time, too bad we don't have a patch to where to help.

Stop daydreaming or letting your thoughts wonder from the task at hand.

Create a work environment free of distractions, we will discuss later this point.

Give your brain a break, find a place to reflect on your thoughts.

Learn to say no when folks push you to do something gobbling up your time.

Ask family and co-workers to help you stay on task.

Yes, I know most of you are REALTORS® and will argue multitasking is part of doing business, I will partially agree but let's find a way to turn it off and on as needed to be successful. Next few articles/blogs I hope to give you a few ideas to try.

This is article/blog number 11 in my "Raise the Bar" campaign. If you missed any of them you can find them on my FB Timeline, my FB page Dick Betts Blogs or my website. #raisethebar