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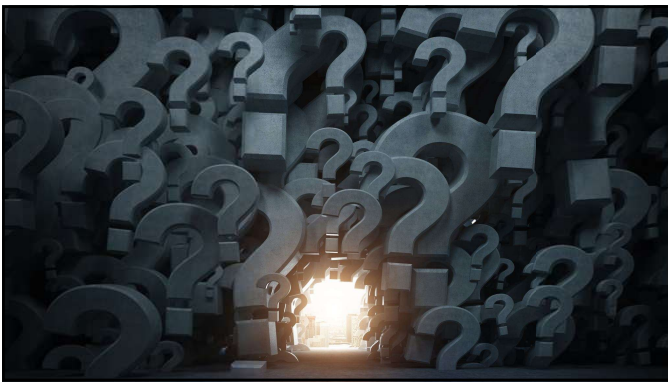
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Common Disruption Activities

1. Multitasking – slow is smooth, smooth is fast
2. Procrastination – make a start, return more
3. Stick with your values– provide a sense of purpose



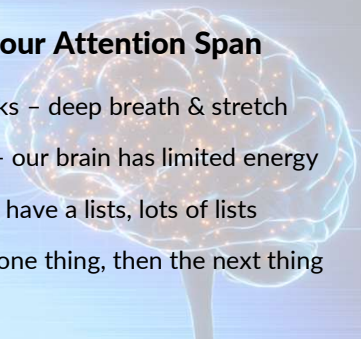
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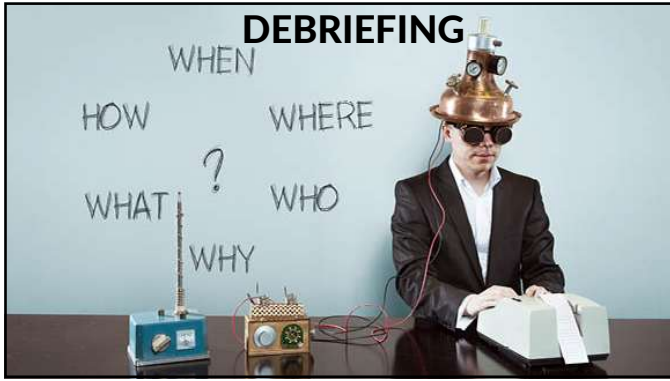
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Improve Your Attention Span

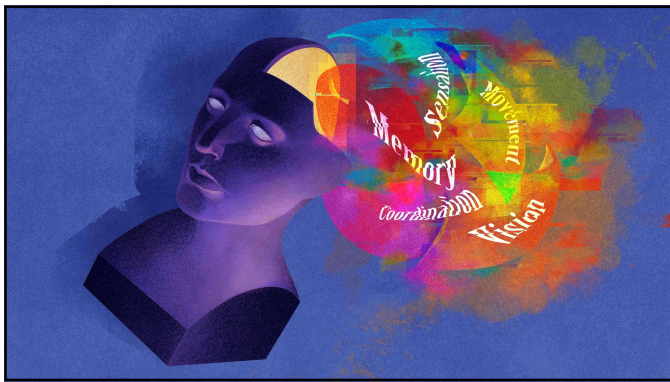
1. Take micro-breaks – deep breath & stretch
2. No distractions – our brain has limited energy
3. Stay organised – have a lists, lots of lists
4. Single task – do one thing, then the next thing



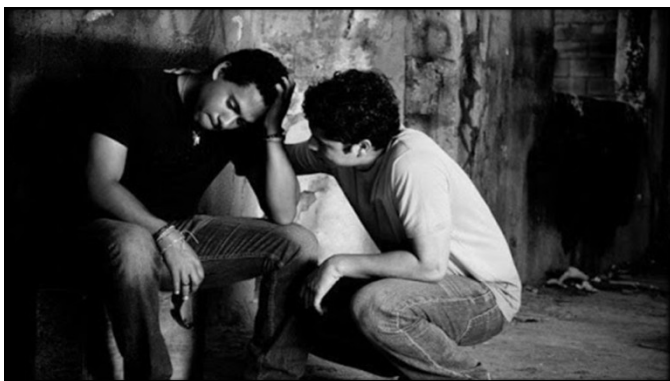
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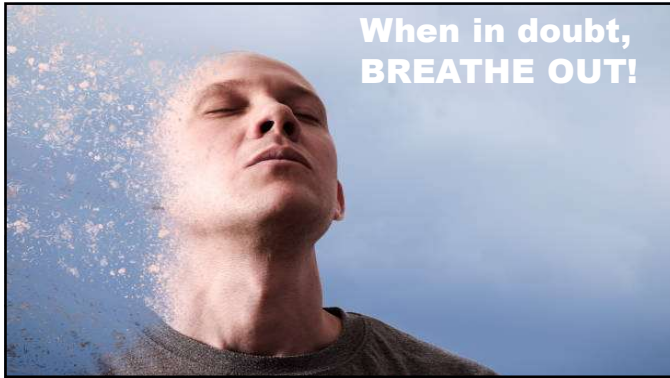
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