

How Monotasking Saved My Life

One of our clients, a director in a Fortune 500 company, shared their experience with overcoming multitasking. Here is their story:

In the game of life, I used to be an expert multitasker. Each day, asking myself, "how much can I get done today?" I'd scribble notes on my to-do list and go throughout my day frantically trying to get it all done.

It wasn't until my coaching session with McGhee that my life and outlook changed. I began to see that my behavior was actually manifesting the exact opposite of what my intentions were; in actuality, I was accomplishing less because I was spending just as much time, if not more time on menial tasks and multitasking versus those tasks that could truly move me forward. Both my business and personal life suffered as a result.

Multitasking was slowing me down and impacting my focus. Through conversations with my McGhee Consultant, it became obvious to me that multitasking was just keeping me busy with a sense of feeling productive. And I learned that contrary to what we all think, there is NO such thing as multitasking - only switching from one thing to another very quickly! To shift my paradigm, I would need to answer the tough question, "What do I really want?" By narrowing my scope to the most important items, I could reduce the number of things I needed to get done in any given day and take more control.

The notion of giving up a lifestyle that I'd become so accustomed to was a difficult pill to swallow. My identity revolved around this manic state of multitasking. Who was I without it? How would people react to a calmer, more focused me? What would happen if I didn't respond immediately? My anxiety began to take over. Luckily, my McGhee Consultant was there to help me with all of these questions.

After shifting to a more focused approach, my relationships and results improved. People now get my undivided attention, projects are progressing because I'm taking action, I'm no longer bogged down in day-to-day distractions, and I feel relief from the pressure of feeling like I have to get it all done. I'm proud to say I'm a monotasker! I even chuckle a bit when I see someone, in the middle of texting, look up and ask, "What did you say?"