

#8: We Minimize Multi-tasking & Action Addiction

We are aware of scientific research and evidence that multi-tasking is a counter-productive myth. We avoid multi-tasking whenever possible. We consciously aim to focus on one task at a time and choose our distractions mindfully.

We practice mindfulness in action. We are conscious of the dopamine kick we get from handling emails. However, we do our best not to be carried away by them.

We discourage the need to be perceived as busy. We know that busy does not mean productive. We believe in speeding up by slowing down. We leave behind restlessness and spinning wheels. Instead we value mindful breaks, time and space for reflection.

Questions for Discussion:

- What components of this declaration do you strongly agree or disagree?
- What are the most important aspects of the declaration?
- What stories comes to mind in terms of wins or challenges relate to this?
- What aspects of your organisation/team are you most proud of in relation to this topic?
- What initiatives related to this topic have your team/organisation implemented?
- How is "being busy" (or busyness") perceived by the leadership team?
- How is multi-tasking perceived by the leadership team?
- How does your resource management approach consider the impacts of multi-tasking?



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