



Productivity Myths

Myths have always been a part of our lives. Let's look at some productivity myths we get to hear most frequently.

productivity myths

SET BIG GOALS FOR YOURSELF
Having big-picture goals is great, but it's important to set smaller, consistent goals for yourself that will help you get there.

MULTITASKING IS BAD
Multitasking can stunt your productivity, if you are trying to complete two incompatible tasks together.

LONG HOURS = PRODUCTIVITY
Spending more time on a task does not necessarily mean you are being productive. As a matter of fact, you can complete quality work in shorter periods of time, depending on your focus and stress levels.

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