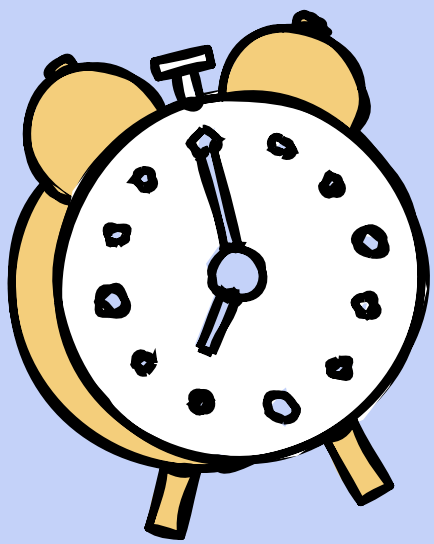
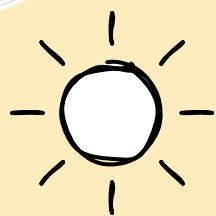




Time Wasters & What they cost you.

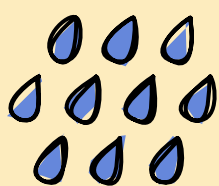
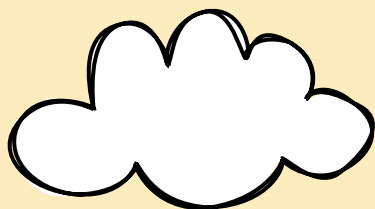


DOOM SCROLLING:

SOCIAL MEDIA, WEB, STREAMING TV

Price:

Decreased productivity, wasted hours, and increased stress. The constant dopamine hits lead to lack of focus, which reduces your ability to get important tasks done.



UNCLEAR PRIORITIES

Price:

Wasting time on less important tasks. Without a clear hierarchy of values, you end up focusing on tasks that don't align with your goals, leading to feelings of being busy but not productive.

MEETINGS:

UNNESSESARY, UNORGANIZED OR NO OBJECTIVE DEFINED

Price:

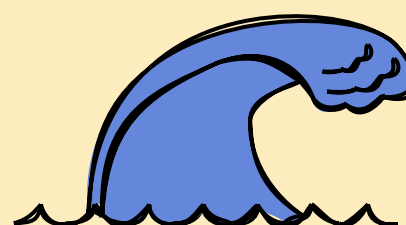
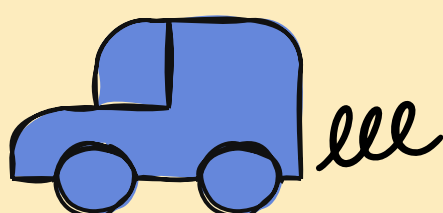
Missed opportunities to focus on high-priority tasks. Time spent in meetings often doesn't generate value and detracts from individual work.



LACK OF BOUNDARIES

Price:

Drained energy and blurred work-life boundaries. Without clear boundaries, you risk working during personal time and being distracted during work time.



MULTI-TASKING

Price:

Reduced quality of work and delayed results. Multitasking often leads to mistakes, missed details, and slower progress across tasks.



CHATting OR OVER SOCIALIZING

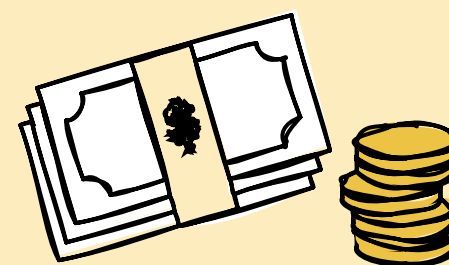
Price:

Fragmented focus and reduced effectiveness. Casual conversations are important for building relationships, but excessive chatting during work hours takes away from crucial focus time.

PROCRASTINATION

Price:

Increased stress, lower quality output, and a sense of constantly falling behind. Postponing tasks creates a cycle of avoidance that piles on pressure later.



OVER THINKING DECISIONS

Price:

Analysis paralysis. Overthinking leads to inaction and delays important decisions, causing inefficiency and frustration.

