**Multitasking That Makes Sense**

**Male Speaker**: Welcome to The Chalene Show. Chalene has helped thousands with her books, seminars, and online academies. She is the author of The New York Times Bestselling Book, *PUSH*, and a mother of two.

**Chalene Johnson:** Hey there. What’s up? It’s me, Chalene. Do I sound different? Well, if I do, it’s because I’m recording this podcast from the road, in my car, my truck, if you will. And I’m - I’m doing so using a microphone called a Rode microphone, no pun intended, a Rode microphone that’s attached to my lapel and plugged into my iPhone. And I’m recording this just simply into my audio notes. I have both hands on the wheel, approximately 10 and 2 and I’m focused and looking around and I’m not distracted. I’m just talking. I’m - this is no different than talking to myself really, because I guess I really kind of am talking to myself, huh? Well, I mean, later, you’ll listen to this but right now I’m recording this, I’m very much talking to myself.

The reason why I wanted to do this is I recently did an episode for Build Your Tribe, and by the way, if you haven’t already heard, I’ve resurrected by business podcast and what I’m doing is recording answers to questions from my students, my students of the Marketing Impact Academy. I just thought I’d tell you that because I - I just really think so many of you are like minded. It’s why you found my podcast. It’s why we have so much in common and I just want to encourage you to just listen to those episodes. Even if you are positive you’re never ever, ever going to start a business, you just never know. I believe having your own business means freedom.

Now, I wanted t record this podcast to you - for you from the road because I want to talk to you about when and where it makes sense to multitask. I’ve gotten amazing responses from people who listen to the series I did on focus. That’s a three-part series and I just have to tell you I really appreciate all of the SpeakPipe messages you left me saying like, “Whoa, whoa, this is crazy. I can’t believe how much more productive I’ve become. This is what I needed. I just felt so distracted and annoyed and stressed out because there were all of these things like vying from my attention and people asking me questions and interruptions.

And now I realized that if I can just really create this environment and build a fortress around my own focus. I can get done in three or four hours what it used to take me eight hours. So that’s been really awesome to hear from you. But I also heard from people who were just kind of confused about the whole multitasking piece of it. So I thought I would record this and explain how right now I’m doing a form of multitasking that I approve of. Not that I have approve of anything you do for that matter. But, you know, I like to share my best practices. And so, I don’t multitask when it’s things I really have to concentrate hard on and focus and use my creativity and - where I can’t get lost in my train of thought.

So, for example, I just hate it when I’m, you know, sitting across from someone sharing a story and at the same time they’re like searching through their emails on their phone or they’re like nodding yes and pretending they’re listening to my story but the whole time they’re like, you know, creating an Instagram post. Listen, I’m not an angel. I’ve done that too and its’ rude and I try to never do it. I can’t say I’ve never done it but I think it’s rude, A. And B, it’s kind of pointless because the reason why people do this is because they think they’re saving time. Like, “Oh, I can listen to the story and at the same time I can look for my emails,” or “I can be on this call for work, I can be on this conference call and at the same time I can be on my desktop checking emails.” Well, you can’t. You can’t do two things that require that type of brain focus and activity, that type of decision making. You can’t do those two things at once. What you’re doing is toggling back and forth between those two activities.

So the only type of multitasking that I like to engage in that I think is perfectly fine and in fact allows me to be more efficient is something where I’m doing something physical and listening or talking for example. Like, right now, I am doing something physical which is driving and looking around and being a defensive driver and at the same time I’m just talking. Now, it wouldn’t make sense for me to be - try to be writing notes right now while I’m driving. Hello, obviously.

Another example of that is when I’m cleaning which I don’t do a lot of. Hello. I mean, let’s be honest. I outsource that because I would rather use my time to create. But, you know, sometimes just cleaning is very therapeutic. Like, I just - are you with me? Like, if I feel really stressed out, I absolutely love going in to my closet and organizing, nesting. To me, heaven looks like the container store. And the most heavenly day would be coming home from the container store with boxes and bags and more bags of just random things that help me organize and containers and - and hooks and such. That would be my idea of going straight to heaven. And then, going in to my closet and just organizing. That really clears my mind. Now, that’s a physical activity and I would love to do that while listening to a podcast, listening to a book on tape, educating myself. I also think it’s fantastic to do things like returning emails from my stationery bike.

So if you’re going to sit on your butt for hours and hours each day - well, let me tell you this first because this will - this will motivate you. If you pace around while you’re taking a phone call, like just - I’m not talking sprinting. I’m not even talking power walking. If you basically just stand up while you’re taking a phone, you will burn almost two times the number of calories as you do when you’re sitting. And, hello, also, your butt isn’t expanding.

Do you just feel like sometimes when you’re sitting, your but is just expanding? And you’re just like, “Ew, I’m so sick of sitting.” Like sitting sucks. I’m sitting right now. I can’t wait to stand up. So I would encourage you to multitask while you are returning your emails. But most people are like, “Well, I can’t walk around and return my emails. No, but you can sit on a stationary bike and you can return emails from your phone. Now, I wouldn’t necessarily count that as my full-blown cardio, so I go at a nice, slow pace and I consider it activity. I consider it being active. I’m not doing it to be like pouring sweat. I’m doing it so that my muscles are moving, my blood is pumping but I’m not going so fast that I have to concentrate on holding on to my phone.

And also, another device that I use is called Laid-Back. You can find it on Amazon. And it is a laptop stand, if you will, and it adjust to different heights, different variables. You - its’ created for you to be lying in bed and be on your laptop. But what I do is I kind of maneuver a little bit and it fits perfectly on top of my stationary bike. So I can actually be on my recumbent stationary bike and use my desktop to return emails. I like to do that. I also like to dictate my - use my voice, voice-to-text to create my emails too and everyone pretty much knows that I don’t worry too much about typos but - and I hate email anyways. But that’s a great way for me to be moving and multi-tasking. That’s multi-tasking that makes sense.

Another thing that I love to do and, again, here comes exercise. I will actually do my heavy strength training while I’m listening to an audio book or I will listen to the audio programs from an online academy. And I have a note pad nearby so that while I’m resting between sets, I might jot down a few notes but that’s multitasking that makes sense.

Multitasking where you’re doing something physical and something using your mind, those things are perfectly acceptable. What you don’t’ want to be doing is multitasking where you have to use your brainpower back and forth between two activities. So, say for example, where you are reading a book and at the same time you’re listening to a television show or where you are listening to a conference call and at the same time you’re on your computer designing info graphics or trying to make a social media post at the same time. You’re not saving any time. You’re hurting your brain. You’re depleting your brain of glucose. You’re causing your stress homes to go up. You’re doing less effective work and at the end of the day, you’re not saving yourself any time.

Can you hear that blinker? We are getting off the freeway. Don’t worry. There’s not traffic. It’s perfectly safe for me to be talking to myself in my car, truck.

So the other form of multitasking that I am a big, big fan of is time with friends. So, again, this is - you’re going to hear this common theme, if you’re going to get together with your friends, you should do something productive. And that doesn’t mean going out and boozing it up, for real. Like, listen, I’m all about girls’ night. I’m all about girls’ night out. But I just think that you just have the deepest conversations and talk about really cool things you might not otherwise talk about and there’s no regrets and there’s no eating food that you wish you hadn’t eaten. When you met with friends and do something that’s physical. Like go paddle boarding together or take a run together or power walker or just do something where it’s just the two of you out in nature like maybe taking a long hike. These kinds of things bring up the best conversations. There’s just something about getting outside in the fresh air, outdoors with a close friend that seems to take the conversation to a place that it might otherwise go.

You know what else this does? It gives two thing s done at ones. You keep each other accountable to your workout. You keep each other accountable to a healthy and fit lifestyle and you spend time together. We all want to spend time with the people that matter the most to us.

And how do you fit it all in? Well, I think this is a great way to fit in your exercise and that very important person.

I am driving home right now and my very important person and I - that would be my husband and I are going to head down to the beach. We live about 5 miles from the beach. We’re going to head down to the beach and we are going to do an evening stair/beach run. I’m so excited. Here’s what I’m excited. Number one, I love that man. Number two, he’s willing to run as slow as I run. Number three, we get to catch up. It’s sunset. We’re outside. We can talk about our day. Today - normally, we spend most of our day together. Today were just one of those days where we spent some time together in the morning. And then in the middle of the day he went and did his thing. I went and did my thing. We both had appointments and so I haven’t seen him in a couple of hours. And that might sound like silliness to you but I love these runs that we do. We end up talking about like things about our - we’ve been married for 20 years and we’ll do these runs and we’ll talk about like things about our childhood.

Ladies, if you’ve been trying to get your man to like open up and talk to you, drag him out on a hike or a run, it’s crazy how deep the conversations get. I love it. And no matter how much I bug him to talk about those kinds of stuff when we’re like lying in bed together, in a car or whatever, it just doesn’t happen. But it’s weird, every time we take a run, our conversations get deep yo. So that is my tip for you. If you want to spend more quality time talking to your mate getting them to talk about things of iimportance like who you are and what makes you tick and why are you happy and why are you unhappy and tell me about - tell me about your childhood and tell me what went well this week and what are your dream. All those things that like sometimes - sometimes your partner just doesn’t want to open up about, get him to sweat a little bit. Promise a reward afterwards. That reward part is of course up to you. Bret and I are going to go do sushi after our run tonight. But like, I’m sure you can come up with some type of very creative reward after your sweat-sesh. And I don’t know, fill me in. Let me know how that goes.

I’m pulling in on my driveway. So this podcast is done. Until we have a chance to spend some time together again, guess what I’m getting to tell you, I love you, and you are the bomb dot com.

**[END OF RECORDING]**