

Matching

Chapter 5 • example

One ingredient per task. During, never after.

Match 1

Task

the insurance renewal

Ingredient

true-crime podcast

How (during, not after)

only allowed to listen to the new episode while doing

the renewal

Match 2

Task

Ingredient

How (during, not after)

Matching

Chapter 5

One ingredient per task. During, never after.

Match 1

Task

Ingredient

How (during, not after)

Match 2

Task

Ingredient

How (during, not after)

Matching

Chapter 5

One ingredient per task. During, never after.

Match 3

Task

Ingredient

How (during, not after)

Match 4

Task

Ingredient

How (during, not after)
