



Unlock Your Productivity Blocker Course: Quiz Answers

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Answers:

1. A. Lion
2. C. Over commitment and rushing through tasks
3. B. Beaver
4. B. It reduces the leader's workload and improves the skills of the team
5. A. Lion
6. C. The Pomodoro effect
7. A. The Swiss Cheese theory
8. C. Take breaks throughout the day
9. A. Specific, Measurable, Assignable, Relevant, Time-bound
10. C. It helps in maintaining focus and achieving success