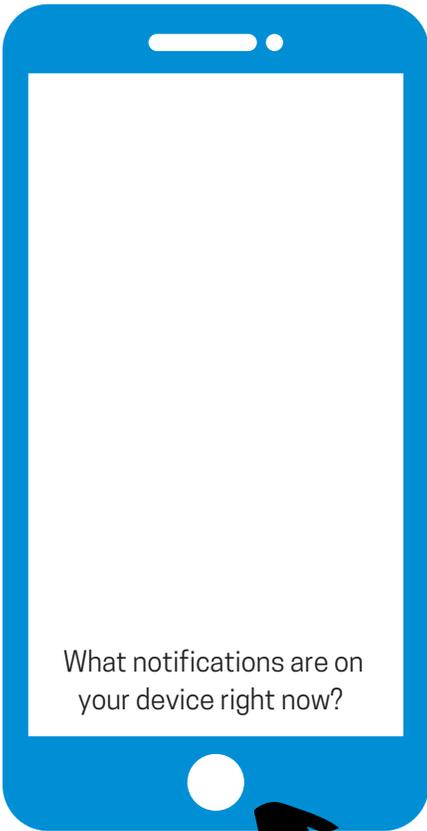


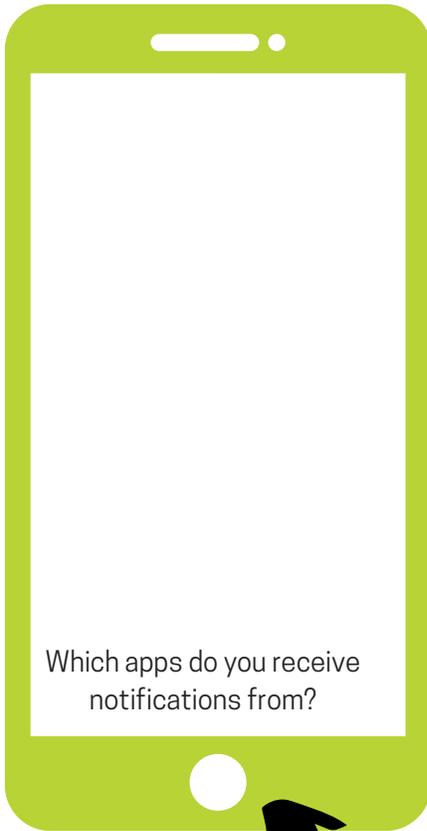
Giving Notice to My Notifications

We are bombarded with notifications on our devices. This worksheet is designed to help you work through your notification issues and declutter. You might want to use a separate sheet for each device you have.



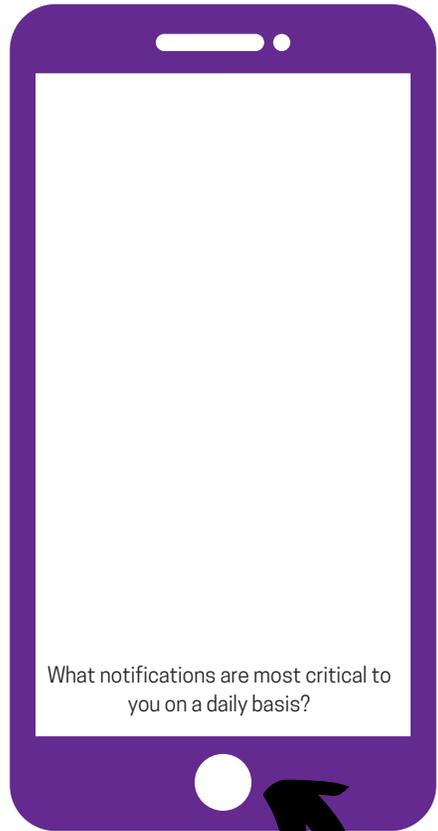
What notifications are on your device right now?

How many notifications are on your device right now? Fill in the number.



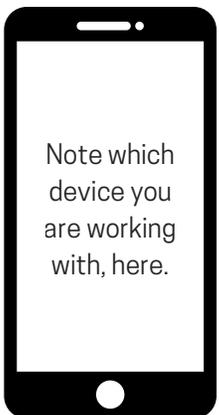
Which apps do you receive notifications from?

How many apps?



What notifications are most critical to you on a daily basis?

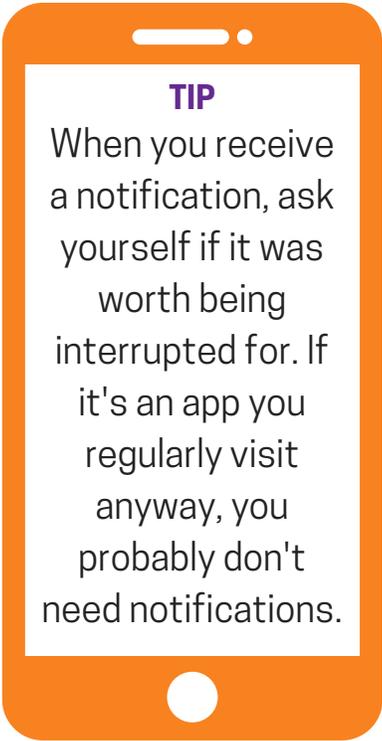
How many?



Note which device you are working with, here.



What three notifications can you eliminate or modify to reduce interruption and clutter?



TIP
When you receive a notification, ask yourself if it was worth being interrupted for. If it's an app you regularly visit anyway, you probably don't need notifications.