

## Phone Hacks – Avoiding Distraction

1. Do the apps that appear on your home screen reflect your values, the way you wish to spend your time and the kinds of habits you are trying to cultivate?
2. Which 'zombie' apps could you de-install? Think - What doesn't serve me / what don't I use / what gives me unnecessary distraction?
3. Would you consider moving distracting apps (e.g. social media) to your desktop computer and using them at pre-planned times in your schedule?
4. Which distracting apps would be better 'hidden' from your phone's home screen to avoid temptation?
5. List (a maximum of) 6 apps that serve as your 'primary tools' (apps that help you accomplish defined tasks and that you rely on frequently).

6. Does your home screen show only your 'primary tools'?
  
7. List your 'aspirational apps' that you use to help cultivate and support desirable habits.
  
8. Are your aspirational apps given space on your phone's screen?
  
9. Which of your apps should be able to interrupt you if you are with your family or in a meeting?
  
10. Do you know how to disable audio / visual notifications for your other apps?
  
11. Do you know how to operate your phone's DND mode?



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