3-Day Attention Audit

November 11, 2026
Track where your attention goes over three days before choosing what to change.

What this guide covers

- Log interruptions and task switches.
- Look for recurring times and triggers.
- Review patterns and select adjustments.

Who this is for

For founders and other people assessing digital distractions.

Putting the ideas to use

Use a simple log to observe your own patterns without judging each entry.

Book details

Format: Guide. Pages: 32. Words: 5044.

Download availability: After payment, download the complete ZIP package or the included PDF separately.