

Attention Noise Tracker

DATE _____

1. Daily Inputs Audit

List inputs competing for attention today.

- Social media _____
- Messages / email _____
- Random browsing _____

- News / media _____
- Work inputs _____
- Other _____

2. Energy Impact

How does each input affect mental energy?

Energizing

Neutral

Draining

_____	_____	_____
_____	_____	_____
_____	_____	_____

3. Noise Flag

Identify why this input exists.

Necessary input

Habitual input

Avoidance input

4. Reduction Decision

Choose one: pause, limit, or remove.

Pause Limit Remove

5. Focus Recovery Note

What helped restore focus?
