

The Time Confetti Audit

A One-Day Worksheet

TIME AFFLUENCE

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Before You Start

A stolen hour is easy to notice. What actually disappears from most days is smaller and quieter: a notification here, a “quick” check there, none of it registering as a loss on its own. This worksheet exists to make that invisible pattern visible, for exactly one day.

The instructions are deliberately small. Carry this page, or a copy of it, for one full day. Every time your attention moves without your permission, whether you act on it or just glance, make a tally mark in the matching row below. Nothing to interpret yet. Just count.

The Tally

Source	Tally	Total
Phone notification (any app)		
“Quick” email or message check		
Someone interrupting in person		
Self-initiated check (no trigger)		
Other		

Note the time of day for your five heaviest clusters below, if a pattern shows itself as the day goes on.

Time of Day	What Pulled Your Attention

How to Read Your Tally

There is no target number. The point isn't to hit zero interruptions, it's to replace a vague feeling ("I was distracted a lot today") with a specific, addressable fact. Two things are worth looking for once the day is over.

The total. Most people are surprised by the raw count, not because the number is unusually high, but because so few of the interruptions would have made it into memory on their own. A pattern you can't see, you can't isolate against.

The cluster. A single loud hour of notifications is a different problem than a low, steady drizzle across the whole day. The first calls for a scheduled window where notifications are simply off. The second calls for a harder look at what's actually generating that volume in the first place.

Whatever the tally shows, it's the input for the next step in the system: isolating the specific window where the leak is worst, rather than trying to defend the entire day at once.

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