

# Declutter Your Digital-Life

Organize >

Tidy >

Add Mindful Friction >

## Interactive Media

### Social Media Unfollow:

1. Who/what is the account providing?
2. Does it make me feel good or contribute to my overall well-being?
3. Is this something I want to carry forward with me?

If it meets all the criteria, continue following it. If not, kindly unfollow.



## Email Unsubscribe

### Email Unsubscribe:

1. Do I look forward to its update/notification?
2. Does it provide value or meaning to me and my current state of being?
3. Is this something I want to carry forward with me?

If it meets all the criteria, continue subscribing it. If not, please unsubscribe.

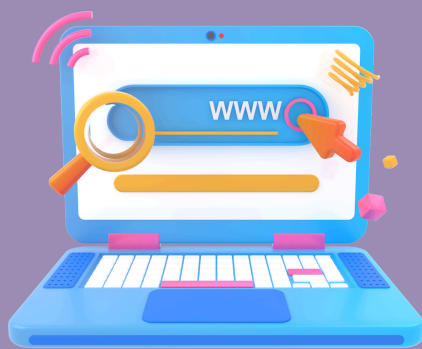


## Desktop Clean-Up

### Create two folders (temporary):

- Work/Important stuff
- Brings Joy

Put all loose files into one or the other for now. This is a starting point, you will likely create several other sub-categories along the way. If it doesn't meet either of these two initial criteria select or drag the item to the "trash" folder.



## Phone Tidy

1. Hide interactive media/apps in a creatively named folder, one or two swipes away. (e.g., "Tech-Tentional")
2. Delete any time-draining apps or apps you haven't used recently (previous month).
3. Turn off non-urgent notifications.



Do more things that make you forget to check your device.

-Jomo-

