

Habits & Digital Clutter

Did you know?

 **47% of daily activities** are driven by habits—yet most go untracked.

 **Average person spends 3+ hours/day** on smartphones, often wasted on cluttered apps.

 **85% of workers** report digital clutter (emails, files, notifications) reduces focus.

 **Habit tracking increases goal achievement rates by up to 42%.**

 **Decluttering digital tools can save 11 hours/month** of lost productivity.

"True behavior change is identity change."

- James Clear (**Atomic Habits**)