

Day – 2

Break up with the mobile phone

Assess your current relationship with the mobile phone

As we have started tracking our screen time, so just write down a few sentences in response to following questions.

- What do you love about your phone?
- What don't you love about your phone?
- What changes do you notice in yourself either positive or negative when you spend a lot of time on your phone?
- Imagine yourself a month from now, at the end of your break-up. What would you like your new relationship with your phone to look like?
- What would you like to have done or accomplished with your extra time that you waste on mobile?
- Write yourself a future note describing what success would look like and congratulate yourself for achieving it.