

QYD

DAY 1

## Limit Notifications

### GOAL

Cut your notifications by half today.

### WHY

Fewer pings lower stress and protect focus.

### TIP

Turn off badges and sounds for social/news. Keep people, calendar, banking, and 2FA.

### REFLECTION

What (if anything) did you miss?

### BOOST

Use Do Not Disturb for 60 minutes.

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DAY 2

## No-Phone Time

### GOAL

Spend 30 minutes without your phone.

### WHY

A short break helps you be present and reset habits.

### TIP

Pick a meal or commute; place your phone in another room.

### REFLECTION

What did you notice in those 30 minutes?

### BOOST

Go for 60 minutes.

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DAY 3

## Mindful Meals

### GOAL

Eat one meal with no screens—just taste and talk.

### WHY

Removing background scroll improves mood and digestion.

### TIP

Set the table; leave phones charging away from the dining area.

### REFLECTION

How did the meal feel without screens?

### BOOST

Make dinners phone-free all week.

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DAY 4

## App Cleanse

### GOAL

Delete one app that drains your time or energy.

### WHY

Removing friction makes the right choice automatic.

### TIP

Start with the most tempting feed app; you can re-install later.

### REFLECTION

What triggers usually send you into that app?

### BOOST

Delete three apps instead of one.

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DAY 5

## Screen-Free Hour

### GOAL

Choose one hour today to go without screens.

### WHY

Analog time restores attention and lowers stress.

### TIP

Walk, stretch, journal, or read a paper book.

### REFLECTION

How did it feel?

### BOOST

Try two hours.

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DAY 6

## No-Phone Morning

### GOAL

Avoid your phone for the first hour after waking.

### WHY

You set the day's tone instead of your notifications.

### TIP

Charge your phone outside the bedroom; use a simple alarm.

### REFLECTION

Did your morning feel calmer or more focused?

### BOOST

Extend to the first 90 minutes.

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DAY 7

## Unplug

### GOAL

Turn off your phone for an hour and sink into a device-free activity.

### WHY

A full pause shows you how much space a break creates.

### TIP

Tell key contacts you'll be offline; set Focus/DND.

### REFLECTION

What did you enjoy most without your phone?

### BOOST

Take a half-day Digital Sabbath.