

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.

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.

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.

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.

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.
