



Liam 

@LiamKircher

Your phone is hijacking your dopamine and destroying your focus.

4 steps to cure your phone addiction in 14 days:

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Your phone addiction is ruining your:

- Mood
- Focus
- Motivation
- Productivity
- Sleep quality

Here's 4 steps to cure your addiction and restore your motivation:

(From a recovered phone addict who used to check Twitter every 10 minutes 😂)



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1) Use an app blocker

Get rid of the impulses entirely.

Download an app blocker like
[@freedom](#).

Set a designated 1-4 hours of time
per day for focused work with no
distractions.



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2) Delete apps you don't need

Do you really need to be using every

- social app
- gaming app
- messenger app

I recently pulled a Hormozi -
deleted ALL social media from my
phone.

If it's a distraction, get rid of it.



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3) Adjust your settings

This going to sound weird.

Use your phone to stay off your phone.

- a) Set parental controls
- b) Silence notifications when working

Some apps you just can't get rid of.

For those, use “focus mode” to be more present.



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4) Don't charge your phone in your bedroom

Charging it near your bed encourages late night scrolling.

Charge it across the room.

Or better yet, in another room.

As a bonus:

You're less likely to snooze your alarm 😊



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There you have it.

How to cure your phone addiction
in 14 days:

- 1) Use an app blocker
- 2) Delete apps you don't need
- 3) Adjust your settings
- 4) Don't charge your phone near
your bed



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Thanks for reading!

If you found this helpful, follow me
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scaling a business.