

How To Calculate How Much of Your Life You Will Spend On Your Phone

Step 1: Check Your Average Daily Screen Time

1. If you have an iPhone, all you need to do is to navigate to Settings > Screen Time.
2. On the Screen Time tab, tap "See All App & Website Activity".
3. Then tap "Week" to see a summary of your daily use of your phone over the last week.
4. On the top right corner, click "device" and select just your phone, so that we get your screen time without counting other devices such as your computer.
5. You should then see the screen below. You then need to grab the number under "Last Week's Average". This is the number we'll use in the next step.



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Step 2: Calculate your Average Screen Time over a year

Now, what we have to do is simple:

We need to take your Daily Average and multiply it by the number of days in the year, so we can figure out how much time you spend on your phone over a year.

To do that, multiply the number you got on step 1 by 365. That's because there's 365 days in the year.

So, let's say my average screen time on my phone is 4h. So $4 \times 365 = 1,460\text{h}$.

Meaning: I spend 1460h a year on my phone. To figure out how many days that represents, we can just divide the number by 24h. So $1,460 / 24 = 60.8$ days.

Step 3: Project your Average Screen Time over your lifespan

Now, here's where it gets interesting.

Let's say our average lifespan is 80 years. Which, by the way, should be a lot higher when we get to this age. But, let's lowball this.

So, if you take 80 years and multiply it by your average yearly screen time, which is the number we've gotten in the last step, we'll have $80 \times 60.8 \text{ days} = 4,864$ days.

That is 4,864 ENTIRE DAYS that you'll spend in your lifetime starting at your phone.

That's more than 13 entire years of your life spent on cheap dopamine and mostly useless entertainment.

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When you get to your 80s, how happy are you gonna be knowing that you spent more than 13 years of your entire life just missing out on life?

Time that could've been spent creating the life you wanted to live, working on your goals, enjoying with your friends and family.

But you decided to spend it watching TikTok or YouTube videos.

This exercise really makes us realize how valuable is our time.

And that's why I say that "Time's Up".

You need to start taking ownership of your time and making the most out of it.

Because there's no time left to be wasted.

So...

Now that you have this info- I'll tell you exactly how to use it in Episode 2.

Most importantly...

I'll give you the exact step-by-step to break free from dopamine, take back control over your life, and use your phone as a tool to achieve financial, location, and time freedom in 2024.

You won't want to miss out on this.

So make sure you [turn on the notifications for Episode 2 by clicking here.](#)