

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.

QYD

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.

Real Conversations

GOAL

Have one phone-free conversation today (10-20 minutes).

WHY

Removing the device signals attention and deepens rapport.

TIP

Put phones in another room and use Do Not Disturb; sit face-to-face.

REFLECTION

Did the talk feel different without a phone nearby?

BOOST

Make dinner a phone-free conversation.

Creative Time

GOAL

Spend 30 minutes creating with no digital input.

WHY

Hands-on making restores focus and sense of progress.

TIP

Pick pen & paper, an instrument, or a craft; set a simple timer.

REFLECTION

What did you make or learn?

BOOST

Repeat tomorrow or extend to 45–60 minutes.

Phone-Free Walk

GOAL

Take a 15-minute walk without your phone.

WHY

A brief movement break resets mood and attention.

TIP

Tell someone your route; leave the phone at home; notice five sights/sounds.

REFLECTION

What did you notice that you usually miss?

BOOST

Go for 30 minutes or choose a nature path.
